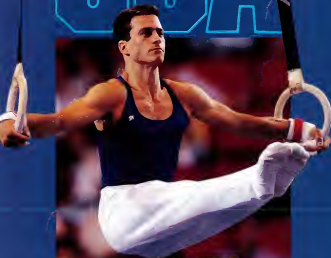


The Official Publication Of The United States Gymnastics Federation

March/April Issue,  
Volume 18, No. 2

# GYMNASTICS



RACANELLI  
WINS A GOLD

1990 GYMNASTICS PREVIEW

*This year was a time for change.*

*Because we take the time to listen. Our 1989-90 catalog represents a year of many changes at Alpha Factor. Changes you've asked for. And we've listened to your requests.*

*As a result, we now offer more warm-ups than ever before. Our Compulsories line boasts bold new silhouettes. Or, for more innovative styling, you can change the neckline on selected styles to whatever suits you best. Best of all, we've made it easier to get all these new looks, because you can*

*now use your VISA or MasterCard to order on our brand new toll-free number.*

*And because we've instituted the toughest quality assurance program in the industry, we can stand behind all of our products. Guaranteed!*

*Order your catalog today. See for yourself how all the changes that were yours for the asking have become services and styles that are yours for the taking.*

*alpha factor*



PO Box 0246  
Valley View Road  
York, PA 17408-0246  
Phone (717) 757-2541

**Call toll-free**

**1-800-8ALPHA8**

*to charge your order to Visa or MasterCard.*

One shipping & handling charge on first order; one-hour and international orders shipping on collect, club or business letterhead. All orders please include \$2.00.

© 1989 Taylor Industries, Inc.

# CONTENTS

MARCH/APRIL 1990 VOLUME 19, NO. 2

## DEPARTMENTS

**USGF Editorial**  
• Cooperation Is The Key.....4

**Editor's Letters**.....6



Mary Lou Retton

**Editor's Note**  
• Mary Lou Retton recently visited the Indianapolis-based USGF to discuss opportunities.....8

**Open Floor**  
• What to Say Two Minutes Before Competition.....10

**1991 World Championships Preview**.....12

**Sports Fitness**  
• Balancing exercises should be part of your practice regime. Balance is very important to a gymnast's success on gymnastics.....14



Brandy Johnson, 1990 Gymnastics Preview

## 1990 Gymnastics Preview

The 1990 year will be a great one for gymnastics events. The U.S. Gymnastics Federation has added two new events to its already hectic gymnastics schedule. Find out when and where gymnastics is happening in 1990. Don't miss the action!.....16

## Christy Henrich: Determined to Win

Christy Henrich has experienced her share of setbacks, yet nothing can keep her down. After the 1989 World Championships, and her magnificent performance on bars, Henrich is ranked fourth in the world on that event.....20

## Racanelli Wins A Gold

Mike Racanelli was the lead-off man for the 1989 World Championships U.S. Team. He is also the first U.S. gymnast to win an event title at a major international men's competition since 1964, when he won the gold medal on floor at the Chumela Cup.....22

## DEPARTMENTS

**Gymnastics Update**  
• Tom Schlesinger wins Winter Nationals Championships with an outstanding comeback after failing to make the 1989 World Championships Team.....26

• Jo Coach Gene Watson Produces Champions. Currently coaching at International Gymnastics School in Stroudsburg, Pa. He has coached Kevin Doria, Patrick Kirksey and Tim Ryan.....28

• Climbing the Ranks: Drew Durbin is the 1989 Class II National Champion. Durbin aspires to make the 1992 Olympic Team.....28

• Olga Korbut, the Soviet Olympic Gold medalist, visited the U.S. Gymnastics Training Center in Indianapolis, Ind.....29

**Event Schedule**.....35

**Summer Camps**.....36

**New Product Update**.....42

**Classified**.....44

**CHANGE OF ADDRESS AND SUBSCRIPTION INQUIRIES:** In order to ensure undelayed delivery of USA GYMNASTICS Magazine, notice of change of address should be made as early as possible. For fastest service, please include your present mailing label. Send all subscription notices to: USA GYMNASTICS SUBSCRIPTIONS, 39 South Capitol Avenue, Fox American Plaza, Suite 300, Indianapolis, IN 46202.

The United States Gymnastics Federation (USGF) is the sole national governing body for the sport of gymnastics. As such, for press inquiries, the USGF acts to inform and advise the U.S. Gymnastics Team, including the U.S. Olympic Gymnastics Team. Contributions and support are always welcome and are tax-deductible.

USA GYMNASTICS is published bi-monthly for \$10.00 by the United States Gymnastics Federation, 39 South Capitol Ave., Suite 300, Fox American Plaza, Indianapolis, IN 46202 (Phone: 317/497-1000). There is a postage cost of 50 cents per copy, plus subscription cost of \$10.00 per year for the United States; all other countries \$15.00 per year. All reasonable rates for libraries. Individual subscriptions for non-member and non-federated members require direct payment to USGF and USA GYMNASTICS. All rights reserved. Printed in USA.





• **HANDS-ON FAVORITE**



**American**

# FIRST PLACE ALL-AROUND

Bring out the best in every gymnast when you bring out the best in gymnastic apparatus. Bring out American Athletic, an official sponsor of the United States Gymnastic Federation. It's the choice of the best, the one selected for the Olympics, the World Championships, the Pan American Games and many other major tours and meets.

For information about the gymnastic world's hands-on favorites, contact AAJ American, 200 American Ave., Jefferson, Iowa 50129 U.S.A. Phone 515/386-3125



1984  
LOS ANGELES  
OLYMPIC  
GAMES



1988-1989  
SEUL OLYMPIC  
GAMES



1990  
ASIAN  
GAMES



**American**

# EDITOR'S LETTERS

## Planning Ahead

I am 15 years old and a level 7 gymnast at Newhope Academy in Fountain Valley, Calif. I have been receiving your magazine for more than five years now, and I have always enjoyed reading it. The articles on nutrition, mental preparedness, and different gymnastics events are very useful. I especially liked your November/December 1989 issue's article, "How to get a Gymnastics Scholarship to College." It was very informative and helpful, since I am planning on going to college and would like to try to get a scholarship for my gymnastics abilities. I hope to see more articles like this in our future issues. Keep up the great work!

Margaret Park  
Huntington Beach, CA



Melissa Marlowe

Norman, and I'm still taking there. I have kept up with gymnastics ever since I started. I have always loved to watch gymnasts perform from all over the U.S., such as Phoebe Mills, Brandy Johnson, and Wendy Bruce, but my favorite gymnast is Melissa Marlowe. These past couple of months I haven't heard very much about her. Could you please give me information about her?

Jessica Fausher  
Oklahoma City, OK

*Melissa is a gymnast for the University of Utah and doing very well. She's a sophomore and won the all-around in the first two Utah competitions of the 1989-90 season. Good luck Melissa!*

## Fulfill A Dream

When the "Tour of Champions" was rescheduled to Denver, Colo. from San Francisco, Calif., due to the earthquake, it was an opportunity for some local gymnasts to fulfill a dream of meeting their peers and role models such as Igor Korobchinsky, Vladimir Artemov, Svetlana Boguinskaya and Olga Staszewa. These young Colorado gymnasts, ranging from age 7 to 15 were all born in the Soviet Union and have immigrated to the United States. Wayne Huebner, owner of Denver Artistic Gymnastics Academy, has 12 gymnasts from the Soviet Union attending his club. He

has traveled to the Soviet Union twice within the last few years to help better understand Soviet gymnastics and their philosophy and he follows through with this knowledge and interest at his club. The Colorado gymnasts met the Soviet World Champion gymnast at Napleton International Airport prior to the exhibition and gave each gymnast flowers and enjoyed talking to them in Russian. They later attended the exhibition with welcome banners. It was a very meaningful experience for all involved.

Deborah Carlson, Evelyn Schmidt, Barbara Kingry, Sherry VanHusen  
Parker, CO



Denver Artistic Gymnastics Academy with owner/coach Wayne Huebner and Soviet students welcoming the athletes in the Tour of Champions to Denver, Colorado.

## Where's Melissa Marlowe?

I am 13 years old and a level 6 gymnast. I have taken gymnastics for 3 years. I started taking gymnastics at the Gymnastics Chair in

## FLYING SQUIRRELS



by Keith McCreedy



©1991 Keith McCreedy

# EDITOR'S LETTERS



**Built By Gravity & Guts. Not Steroids**

## Dear Gymnast Friends,

**H**ardly a day passes without the sports news telling us about yet another doping affair — and this concerns numerous sports disciplines in numerous countries.

The existing situation must be considered as extremely detrimental to the image of sport in general; it also frequently involves dramatic short, medium and long-term consequences for the health of our athletes.

On the initiative mainly of international instances — the IOC, international sports federations and also numerous countries — the world is taking up arms against this threat. We of FIG prefer to channel our efforts along essentially preventive lines. Unfortunately, however, the impressive aspect is an obligation that each of us must understand.

In view of the existing situation checks must be accepted as a normal phase in the life of a gymnast although under no circumstances must they be

construed as casting any suspicion a priori upon the person submitting to the check.

In gymnastics these checks are not always perfectly understood, given the fact that our sport is regarded as having remained generally healthy.

To our mind, this is another good reason for participating actively and straightforwardly in the anti-doping battle.

This subjective phase must be overcome and the absence of any kind of cheating, of which we are so proud, must be demonstrated to all and sundry by the only objective

test — the biological check. It is also necessary to dissuade any potential cheaters from joining our ranks. And, finally, we must show our solidarity with other sports disciplines since this also concerns us.

Doping is a form of dishonesty towards oneself and others; it is always a danger — frequently insidious to health. Inefficiency has never been seriously demonstrated, and its non-profitability has been scientifically proved.

In concrete terms, every gymnast from a country affiliated to FIG has to know that he or she may be the

subject of a biological check at any time throughout the year, during a competition or training, in his or her own country or abroad.

With a view to avoiding all possible ambiguity concerning the medical ruling applied by FIG and the lists of prohibited substances, you are advised to refer to the texts already widely propagated and above all to address yourselves to the specialized medical teams of your own federations and, of course, to the FIG Medical Commission.

We should like to thank you in advance for your active participation in our campaign against this scourge that is polluting our code of ethics, ruining our health and — why misuse our words — threatening to cause heavy financial expense.

**Dr. Michel Leglise**  
Chairman of the FIG  
Medical Commission

*Editor's Note: This letter was written and printed by the International Gymnastics Federation (FIG).*

**Elite Expressions**  
Orchestrated Competitive Music



**The Superb Sounds of  
Orchestrated Gymnastics Music  
for Competition,**

**1990 Demo Tapes — \$5.00**

2201 Shad Court  
Naples Florida 33962 • (813) 773-2921

**THE MUSIC  
EXPERTS**

# What's In The Future For Mary Lou?

**R**ecently Mary Lou Retton visited the Indianapolis-based United States Gymnastics Federation to discuss opportunities.

"I love the sport of gymnastics and want to stay involved," said the still energetic Mary Lou.

And involved she will be! Beginning in 1990, she will be involved in color commentary for some televised events produced by USGF Productions. She also plans to be a clinician and guest speaker at the 1990 USGF Congress and wants to be involved with the 1991 World Championships to be hosted by the USGF in Indianapolis, Ind.

More specifically, Mary Lou will begin an "Ask Mary Lou" column in our own USA Gymnastics magazine beginning with the May/June 1990 issue. Retton has a great deal of knowledge to share with others and can't wait to receive your letters!

Retton was the spark plug that touched the hearts of many during the Los Angeles 1984 Olympic Games. She won the all-around competition just six weeks after having knee surgery.

"The doctors said that it couldn't be done," said Retton. "They said there just wasn't enough time."

However, Retton didn't listen to the negative comments and went on to win the gold medal. She not only won the all-around, she also won the silver on vault and the bronze on bars and floor, not to mention the silver medal in the team competition.

She was the shining star of the '84 Olympics and earned many awards after the Games such as the Sports Illus-

trated - Sports Woman of the Year, AP Athletic Award, Olympian Award and the Women's Sports Foundation Award.

In addition to these awards, Retton also landed the leading roles in commercials including the memorable Eveready Battery and Wheaties Commercials.

Retton continued competing after the 1984 Olympic Games and won the 1985 McDonald's American Cup. After retiring, Retton continued her education at the University of Texas. Due to travel and a very busy schedule, she took classes on a part time basis.



Mary Lou Retton with fiancé Shannon Kelley

"I'm now living in Houston and taking correspondence courses at the University of Texas in Austin," said Retton. "I'm working on a degree in communications."

Communications is certainly a field in which Retton has gained much knowledge during the past five years. She was a gymnastics

commentator for the 1986 Championships of the USA and continued commenting certain events all the way through, to the 1988 Olympic Games in Seoul, South Korea.

Currently, Retton has a full schedule and many other goals in her sight! She is endorsing products for companies such as Pony Sports & Leisure, Mc Snack Foods (all natural frozen pacer bars and

soft frozen yogurt) and Humana Hospitals.

"Pony has a line called the Mary Lou Retton Shoe for teenagers and young women," said Retton. "The line is going very well."

Retton enjoys doing charity work and personal appearances in her spare time. However, her time may become very limited in the near future because she's going to be busy planning her wedding!

Retton became engaged in February 1989 and plans to be married on December 29, 1990. Who's the lucky fellow?

Shannon Kelley, the former quarterback for the University of Texas. Kelley graduated from the University of Texas in the summer of 1989.

When asked what her favorite things to do were, Retton replied, "Travel, read, play all types of sports and learn how to cook."

## Ask Mary Lou

Mary Lou Retton has agreed to do an "Ask Mary Lou" column for USA Gymnastics. She will begin answering letters in the May/June 1990 issue of USA Gymnastics. You can ask her a question or ask for advice and she'll choose a few letters each issue to answer. If you want to know how Mary Lou learned her first glide kip on bars, what she did to psyche up before a competition, how she felt when she won the Olympic gold medal, or any other gymnastics-related question, write to USA Gymnastics, P.O. American Plaza, 200 S. Capitol Ave., Ste. 300, Indianapolis, IN 46225.



Color commentator Mary Lou Retton.



# U.S. GYMNASTICS TRAINING CENTERS

## WORLD'S FINEST SUMMER GYMNASTS CAMP FOR BOYS - GIRLS - COACHES

### —LOCATION—

*Massachusetts Maritime Academy, Duxbury Bay, Massachusetts. Surrounded by ocean, sand, flower shops, & the Cape Cod Canal*



### FEATURING PHOEBE MILLS

OLYMPIC MEDALIST • AMERICAN CUP CHAMPION  
WORLD CHAMPIONSHIP TEAM MEMBER

*Phoebe Mills will be at U.S. Gymnastics Training Centers both 1st and 3rd sessions bringing a return to competition.*

### —SESSIONS—

1 July 1-6

2 July 8-13

3 July 15-20

### —COST—

1 Session \$325.00

2 Sessions \$650.00

3 Sessions \$975.00

*Multiple sessions - \$15.00 per session for weekends*

### —STAFF—

OLYMPIC GYMNASTS & COACHES - WORLD CHAMPIONSHIP GYMNASTS & COACHES  
SENIOR & JR. NATIONAL TEAM MEMBERS

### —FACILITY—

WORLD'S FINEST GYMNASTICS CAMP FACILITIES

- The largest gymnastics gym & portable pin system of any U.S. camp.
- The most modern camp bar/restaurant
- Even your own private ocean beach

### —PROGRAM—

*All Gymnasts must attend 6 classes each day, plus our evening programs. If a child wishes he or she may attend 2 other optional work outs, each day.*

### —RECREATION—

CAMPER STAFF SKIT NIGHTS - CAMP DANCES - BEACH SPORTS - BEAUTIFUL OCEAN BEACH  
INDOOR 25 METER POOL - DAILY & EVENING CONTESTS FOR AWARDS & PRIZES  
OUR PHILOSOPHY IS HARD WORK WITH LOTS OF SAFE, FUN ACTIVITIES

### FOR INFORMATION

TO SAVE ON COSTLY PHONE CALLS, PLEASE WRITE FOR OUR TOTAL CAMP INFORMATION BROCHURE,  
WHICH SHOULD ANSWER EVERY POSSIBLE QUESTION ABOUT CAMP, INCLUDING TRAVEL.  
WRITE TO: U.S.G.T.C., BOX 100, DELAND, FL 32716

# What to Say Two Minutes Before Competition

By Richard Gordin, Ed.D

**M**any times coaches have asked me, "How should I talk to my gymnast before he or she competes," or "are there some things I should say that will help him or her do well?"

These questions are important issues but, unfortunately, there are no easy answers. Some athletes prefer to be given words of encouragement just prior to an event while others prefer to be left to their own thoughts. The most important suggestion that I would give is to communicate with your gymnast and find out his/her own preferences. The athlete is your best resource. Once trust is developed with your gymnast, he/she will tell you how to best respond in those final few moments. Your athlete will develop his or her own style and will help you determine what "buttons to push" for best results.

Another common coach's question is, "How do I avoid transferring my anxieties to my gymnast?" There is no one way to approach all your athletes. The team approach to pre-event anxiety management does not exist. All athletes are different — especially as you work with more elite performers. Sometimes coaches must help their athletes "psych down." However, always remember that each athlete is different.



One of my colleagues, Anshel, recently published some guidelines that I want to share with you. The first technique to be used for the overly-aroused gymnast is to release stress through physical activity. The best thing for this gymnast to do is get up, warm-up, and move. The physical release of tension is helpful in its own right. Besides, this is what he or she should be doing in the last moments of waiting. Avoid giving the "relax" command to this tense athlete. Unless the athlete has learned a sys-

tematic way to relax, the opposite effect may occur because the athlete may interpret your advice as "the coach knows I'm upset." Build self-confidence. Do not rely on trite sayings such as "go get 'em" or "you'll be fine." Instead use a few specific comments regarding past performances and the preparation that has taken place to allow the athlete to think positively about his or her chances to succeed. The sport psychology literature is clear concerning the effect of negative thinking upon performance. Try to plant a positive image in the mind of your gymnast.

Remember that some anxiety is a good thing. Most athletes need to feel a little nervous in order to perform well. Sometimes coaches in-

advertently will counteract it when they are trying to lessen it. Anshel cites several common errors that coaches have made. Trying to teach a new skill either immediately before or during a competition will create anxiety in most gymnasts. Save your teaching for the next day in the gym.

Using criticism as a motivator is detrimental for most athletes. Some coaches feel that criticism or sarcasm is a good

*Continued on page 36*

# BLAST OFF

WITH A DELICIOUS NEW DRINK MIX  
THAT WILL HELP YOU MASTER  
THE SPORT OF GYMNASTICS!



## MASTER THE TOUGHEST SPORT IN THE UNIVERSE

### ENERGY

MASTER OF SPORT contains a unique blend of NATURAL carbohydrates that provide both short- and long-term energy. That means energy "let-down" during training. PLUS, you get inosine to spark added muscle action at the end of your routine when effort naturally fails. Inosine is a metabolic activator that helps your muscles produce maximum energy quickly.

Also, L-Carnitine is added to assist your muscles in efficiently processing fat for energy during long workouts. Carnitine is found in all muscle tissue, and acts as a transport for it.

### RECOVERY

MASTER OF SPORT helps to ensure speedy recovery from your workouts — so you don't feel hard day after day — you feel plenty of pep! First, the "building blocks" of muscle. And protein is made from amino acids. The three most needed during recovery are the branched-chain amino acids, leucine, isoleucine and valine. MASTER OF SPORT has all the branched-chain amino acids your body needs for rapid recovery.

### STRENGTH

Gymnasts must be strong without being bulky or fat. MASTER OF SPORT provides all the essential amino acids, vitamins and minerals necessary in maximizing your strength without adding extra bodyweight. PLUS, you get gamma-oryzanol, an extract of rice bran oil — it's great in improving your strength-to-weight ratio. O. O., as it's called, helps your body to use its natural resources in promoting muscular strength without adding extra bulk.



MASTER OF SPORT is officially endorsed by  
**Mrs. GRACIEFELD**, many times Olympian and coach  
of the 1964 and 1968 U.S. Olympic Teams.

FOR VISA/MC ORDERS ONLY  
CALL FUTUREWAVE 1-800-553-EDGE

FLAVOR	QUANTITY	UNIT PRICE	TOTAL PRICE
STRAWBERRY	34.50		
ORANGE	34.50		
LEMON	34.50		
TAX (includes shipping and handling)			
ADD \$5.00 per unit for delivery and handling			
SUBTOTAL			
TOTAL			

NAME \_\_\_\_\_  
 STREET \_\_\_\_\_ APT. NO. \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PLEASE CHARGE MY VISA / MASTERCARD \_\_\_\_\_  
 CARD NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_  
 SIGNATURE \_\_\_\_\_

© The undersigned hereby certifies that the amount of \$\_\_\_\_\_ is the total amount payable to FUTUREWAVE, INC. for the purchase of the above described goods and services. No delivery fee is to be charged. Payment should be made to FUTUREWAVE, INC. at the address below. Payment should be made to FUTUREWAVE, INC. at the address below. Payment should be made to FUTUREWAVE, INC. at the address below. Payment should be made to FUTUREWAVE, INC. at the address below.

Allow 4 to 8 weeks for delivery.

ORDER TOTAL

FUTUREWAVE, INC. 10000 W. 10TH AVE. LOS ANGELES, CALIF. 90024

## PREVIEW

## The Biggest And The Best!

**W**hen the 1991 World Gymnastics Championships swing into the Hoosier Dome in Indianapolis, the two operative words will be the biggest and the best.

## Consider these facts:

- The 1991 World Gymnastics Championships will be over three times bigger than the gymnastics competition at the 1992 Olympic Games;
- The 1991 event will be the biggest gymnastics event in the history of the sport;
- The Hoosier Dome will be the largest venue ever dedicated solely to hosting a gymnastics event (seating capacity for observing competition: 30,000);
- More than 90 countries are expected to attend;
- More than 1,200 foreign athletes, coaches, judges and officials will be traveling to Indiana;
- 42 media will be awarded in 14 championship events;
- The 1991 World Championships will serve as the qualifying event for the 1992 Olympics; this means that the absolute best athletes from each country will participate, including the rising new stars from Romania, the Soviet Union, and the USA;
- Approximately 800 media and press representatives are expected to attend;
- International television coverage will reach into more than 20 countries on five continents;
- Opening ceremonies will be held in Market Square Arena, which can seat up to 17,000;

"Our intention is to set a new standard for the World Championships," explained Mike Jacki, executive director of the U.S. Gymnastics Federation (USGF) and president of the local organ-



1991 WORLD GYMNASTICS  
CHAMPIONSHIPS  
INDIANAPOLIS, SEPTEMBER 6-15

izing committee that will stage the event. "Our first goal is to properly showcase the athletes and their talents. But we also want the event to leave a lasting impression — on the participants, the spectators and the history books," Jacki added.

Under the theme "Share the Magic," the World Gymnastics Championships Committee (WGCC) will attempt to recreate the magic and pageantry associated with successful Olympic-styled, multi-sport events. And Indianapolis — the Amateur Sports Capital of the World — is no stranger to this kind of effort. In the past decade, the city has staged the 1982 National Sports Festival (now called the U.S. Olympic Festival), the 1987 Pan American Games, the first World Indoor Track & Field Championships and numerous other national and international sporting events.

"This one will be different — simply because gymnastics is different in so many ways from other sports," said Jack Swiebeck, chairman of the WGCC. "It's one of the premier Olympic sports. And

it's one of the rare sports that allows us to know its superstars on a first-name basis."

First there was Olga in 1972. Then Nadia in 1976. Then Mary Lou in 1984.

## Then Comes Brandy

"It's likely that the first new superstar of the 1990s will emerge in Indianapolis," stated Joe Claypool, executive director of the WGCC. "And it could be an American by the name of Brandy." Brandy Johnson, that is, the current U.S. national champion who is climbing toward the pinnacle of both the popularity charts and the world rankings.

## The Key is Charisma

"Brandy's charisma epitomizes the appeal of the sport of gymnastics," Swiebeck explained. "She's both explosive and graceful, powerful and precise. Every move she and her world-class counterparts make is eye-catching, exciting — almost magical."

Magical moments, indeed. Hang on, gymnastics fans — 1991 is coming fast!

**NOTE:** Keep watching USA Gymnastics in the months ahead. The U.S. gymnastics community will get the first crack at ordering tickets, with the best price packages going to USGF professional members. For more information about the event, or to have ticket brochures sent to you when they become available, write to:

1991 Tickets!  
World Gymnastics Championships  
201 South Capitol, Suite 391  
Indianapolis, IN 46225



## Torso Flex: A Revolution In Health Fitness And Sports Medicine Machines.

■ Until now, exercise equipment has typically restricted your ability to exercise your abdominal and lower back areas. Torso Flex® has changed that.

■ Other equipment gives you a limited range of movement against a fixed amount of weight. Torso Flex works without weights.

■ Being suspended and controlling your lower body, you can stretch, flex, and rotate your torso. You will discover entirely new ways of working these muscle groups.

■ Torso Flex is offered in two basic configurations. One is designed for use with an assistant. The other provides motorized assistance for individual use.

■ Various strengthening and endurance workouts give you the ability to specialize your own program.

■ Biotechnologically designed to adjust for spinal column length and provide a safe, comfortable workout for men and women from 4' 10" to 7' in height.

■ Locked, spring-loaded, and free movement positions allow you to discover entirely new ways of working muscle groups.

■ Users can adjust abdominal and lower back resistance levels.



■ In a suspended position, with the weight of your body distributed on your shoulders, rotate your incline to the desired degree of difficulty and/or comfort. Either in the abdominal or posterior positions, the user can exercise in his/her own range of body flexion, unrestricted by Torso Flex.



Various exercises can be performed which concentrate on the under-developed areas of your torso. For example: abdominal bent/straight leg rotational torso curls, posterior bent/straight leg rotational torso curls, double bent/straight leg abdominal torso curls, and many more.

■ Discover the newest and most advanced technique for maximum performance.

# TORSOFLEX®

# Balancing Exercises

By Larry Nassar, A.T.C.

**A**t first, the spectators are amazed as they watch a gymnast elegantly dance and tumble across a four inch wide beam with such beauty and poise, it looks as if she were actually on the floor. Then the crowd is saddened as the next gymnast wiggles and wobbles as if someone covered the beam with banana peels. Meanwhile, on the floor next a male gymnast holds a perfect scale position as if someone had glued his feet to the carpet. As the exhibition continues another male gymnast attempts to hold a scale position and he wobbles so much the crowd thinks an earthquake just hit the gymnasium. Obviously, a gymnast's ability to balance is very important to his/her success in gymnastics.

How can gymnasts judge their ability to balance? How can gymnasts lose their ability to balance? How can gymnasts improve their balancing ability? This article will answer these questions.

## Important Points

1. Everyone has little "balance receptors" built into certain parts of their body that help them balance themselves.
2. When gymnasts sprain ankles, they may damage the "balance receptors" and thus decrease their ability to balance.
3. If gymnasts repeatedly sprain or strain in the same ankle the "balance receptors" have probably been damaged.
4. In addition to the ankle, if gymnasts injure their knee, hip, or lower back, they may lose some of their ability to balance.
5. Gymnasts can improve their ability to balance by performing certain exercises, whether they have been injured or not.
6. Unfortunately, balancing exercises are often left out of rehabilitation programs.



2. To avoid further injury, balancing exercises should not be performed unless the gymnast has a full, pain-free range of motion in the ankle, knee, hip, and low back.

## Testing Your Ability To Balance

1. Stand on one leg with the opposite leg bent 90 degrees at the knee. Your arms should be straight out from your sides and eyes closed. (See figure 1)
2. You should be able to maintain this position for at least one minute without losing your balance.
3. If you can't, you need to do exercises to improve your balancing ability.
4. This test should be performed twice — once on the left leg and once on the right leg.

## Exercises To Improve Your Balance

1. Stand only on one leg with your arms straight out from your sides and keep your eyes open.
2. Each practice session should last five minutes. If both legs are exercised, then two five minute sessions are



necessary.

3. Practice holding this position until you can maintain the position for at least one full minute without losing your balance. (Try to stand as still as possible.)
4. Practice this exercise every day.
5. Once you can perform the exercise for one minute without losing your balance, attempt the exercise again, but this time with your eyes closed.
6. Once you can maintain your balance with your eyes closed for at least one minute, progress to the more advanced exercises.
- Female gymnasts - You can perform these exercises on low beam or on a piece of paper four inches wide and several feet long. Once you lose your balance you should attempt to step down onto the beam (or paper) to prevent falling off.

## Advanced Balancing Exercises

1. Standing on both feet, with eyes open, attempt to balance on a balance board so that the edges of the board do not touch the floor. (See figure 2)

2. Once you can maintain your balance for at least one minute, you should progress to balancing on one leg only. You should stand directly over the area that the belt attaches to the board when attempting to balance on one leg. (See figure 3)
3. See if you can balance on one leg for one minute without allowing any



edges of the balance board to touch the floor.

4. Practice these advanced balancing exercises for five minutes everyday.

#### How To Build A Balance Board

(See figure 4)

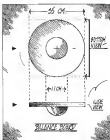
1. Cut a piece of plywood into a circle with a 35 cm. diameter.
  2. Cut a wood ball with a diameter of 11 cm. exactly in half.
  3. Attach the flat part of the cut wood ball onto the center of the circular plywood.
- These may also be purchased.  
(See New Product Update Section)

#### Educational Points

1. Webster defines kinesthesia as "the sensation of position, movement, tension, etc. of parts of the body, perceived through nerve and organs (mechanoreceptors) in muscles, tendons, and joints."
2. The "balance receptors" referred to above are actually mechanoreceptors

which communicate proprioceptive information to assist the body in its kinesthetic awareness. This is a form of feedback control to help coordinate and balance the body.

3. Injury to the ankle and other joints may disrupt this feedback control and predispose the gymnast to re-injure the same ankle or joint.



4. When a gymnast's kinesthetic sense is decreased due to a joint injury, not only does he/she lose part of the sense of balance, but he/she also lessens the ability to detect movement that occurs at the injured joint. Therefore, the gymnast may think that he/she balances equally as well on the right foot as with the left foot. However, the coach watching would obviously detect the injured joint (i.e. ankle) wobbling more than the uninjured joint.
5. The injured joint's mechanoreceptors can be re-educated by performing kinesthetic exercises (such as described above). These exercises will improve the joint's proprioceptive feedback ability and thereby increase the gymnast's kinesthetic awareness.
6. By improving a gymnast's kinesthetic sense, the gymnast will be less susceptible to injury. The gymnast will be better able to avoid injury-producing body orientations. Furthermore, the gymnast will require less of an effort to restore the proper body equilibrium if he/she should lose his/her balance.

## Gymnastics Awards Book



### The Proudest Way to Display Your Achievements

Covers with 10 ribbon pages and 1 medal page. Photo pages available. Specialty gifts in copy section.

- Track your success from meet to meet
- Display your awards for family and friends
- Eliminate misplaced ribbons and medals

### Score Book

**Parents:** A gymnastics Score Book makes it easy for you to follow your child's score during a meet. It also allows easy comparison from meet to meet. Small enough to fit in your pocket, large enough to track team medal scores as well.



Ask about using these products as a fundraiser for your gym.

Name _____			
Address _____			
We use U.S. Please indicate street address.			
<b>ORDER FORM</b>			
Qty.	Rate		
Product	#	Price	Total
Awards Book	_____	15.00	_____
Ribbon Pages	_____	.50	_____
Medal Pages	_____	.50	_____
Score Books	_____	3.00	_____
Shipping, Handling, Insurance _____			
Total _____			

Displays for only 1.00 each, add \$1.00 for each additional book. Plus pages 0.50-1.25 each (for additional pages). Make checks payable to Sporting Sports, P.O. Box 555, Sterling, VA 22154. Be sure to include shipping and handling charge.

# GYMNASTICS

**T**he 1990 year should be a great one for gymnastics events. The United States Gymnastics Federation has added two new events to its already hectic gymnastics schedule. The biggest event in 1990 is the Goodwill Games, however, there are many other important happenings such as the U.S. National Gymnastics Championships, the U.S. Rhythmic Gymnastics Championships and many, many more. This year nine major gymnastics events will be televised, reaching over a million viewers. Unfortunately, air dates have not been finalized by the networks but here's a preview of what's to come.

## MCDONALD'S AMERICAN CUP

America plays host to the best gymnasts in the world March 3-4 when gymnasts from over 20 countries com-

pete in the McDonald's American Cup at George Mason University's Patriot Center, Fairfax, Va.

The McDonald's American Cup competition features gymnasts from the United States, Soviet Union, East Germany, West Germany, Romania and Japan to name a few. It is the only multi-country event in the U.S. before the 1990 Goodwill Games. Designated as a World Cup qualifying meet, many world-class gymnasts are expected to participate.

"The McDonald's American Cup is the most prestigious international gymnastics competition, aside from the World Championships," said Mike Jacki, executive director of the USGF. "It has a great tradition and a long history of excitement. It has that magic which has made gymnastics the most popular Olympic sport."

The American Cup was founded in 1976 as a special international event to celebrate the U.S. Bicentennial. It

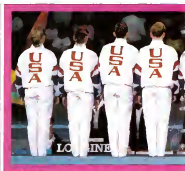


Photo: Jeff M. H. for USA Today

has been held every year since. In that very first year, those on hand at Madison Square Garden in New York City were introduced to a little girl from Romania. Only 14 years old, she was unknown outside of her country. Americans were let in on a well kept secret during that first Cup, a few months following the competition, Nadia Comaneci found world fame and the Olympic Gold. In the same year Nadia won that first American Cup, she scored an unprecedented seven 10's at the Montreal Olympics and made gymnastics history.

The list of McDonald's American Cup winners is long and distinguished. It includes Bart Conner, Kurt Thomas, Mary Lou Retton, Kristie Phillips, Tim Daggett, Phoebe Mills and Brandy Johnson.

Johnson, would like to add her name to the list — for a second time.

The U.S. will be represented by a strong contingent of gymnasts, led by Johnson. She will attempt to defend her title, which she won last year, against a very strong field. Joining her are World Championships teammates Sandy Woodbey from Tampa, Arizona's Desert Devils and Wendy Bruce from Broward's Gymnastics in Altamonte Springs, Fla. Junior National Champion Kim Zmeskal from Kentucky's in Houston, Texas and her teammate, Erica Stirling, will also join the ranks at this prestigious competition as well as another top junior, Shannon Miller, from Dynamo Gymnastics in Edmond, Okla.

The U.S. men will be led by



Conrad Voorsanger hopes to pommel his way to a top place finish at the McDonald's American Cup.



# 1990 PREVIEW

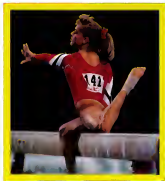


World Championships team members Lance Ringwald from Gold Cup Gymnastics in Albuquerque, N.M., Tim Ryan from Allentown, Pa., now attending Stanford University, and Conrad Vooranger, another Stanford gymnast from Larkspur, Calif. Winter Nationals winner Tom Schlosinger from Boulder, Colo., rounds out the team. Schlosinger now attends the University of Nebraska.

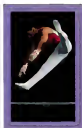
The McDonald's American Cup will be televised on NBC.

The U.S. Women's National Team at the 1989 World Championships.

Brandy Johnson will attempt to defend her McDonald's American Cup title.



©1989 Photo by John G. Smith/Photo



Tim Ryan wants to catch a big win during 1990.

## MCDONALD'S INTERNATIONAL MIXED PAIRS

These same outstanding athletes move to Villanova University near Philadelphia, Pa., on March 7 for the McDonald's International Mixed Pairs competition. This competition was first organized in 1979 as a unique, friendly competition in which one man and one woman from each country pair together to compete with other pairs. It takes both members of a team four pairs to win. The reigning champions from the 1989 McDonald's International Mixed Pairs competition are the U.S.'s Wendy Bruce and China's Li Jing.

The McDonald's International Mixed Pairs competition will be televised on ESPN.

## U.S. CHALLENGE

The U.S. Challenge is another upcoming event to be held March 30 - April 1 in Las Vegas, Nev., at the Cashman Field Center. Twelve male and 12 female gymnasts will compete in a three-day tournament. This innovative gymnastics competition is designed similar to an international tennis event in that two gymnasts will compete against one another in a seeded bracket tournament. The all-around winners of each bracket advance; with the final three bracket winners advancing to the all-around finals. Scores are not carried over to the next round, so the winners of the U.S. Challenge are determined by the athlete who has the highest all-around score in round three. Former champions include Olympians Mary Lou Retton, Scott Johnson, Jim Hartung, Lance Ringwald and Brandy Johnson. This event involves a great deal of stamina since the winner must compete three days in a row!

## USA-GDR DUAL COMPETITION

Memphis, Tenn., is the site of a new event this year — a dual competition between the USA and (East Germany). The GDR placed second in the team competition for the men and fifth in the team competition for the women at the 1989 World Championships in Stuttgart, West Germany.

Continued on page 18

The competition will be one of the "kick off" events for the city's new "Pyramid Project" that will be finished in 1991. The "Pyramid Project" is a multi-purpose entertainment facility. This redevelopment project for the city of Memphis is centered around the theme of music and entertainment. The trade of the Pyramid is approximately eight football fields long — definitely large enough for future national and international gymnastics events. The USA - GDR event will be the first international gymnastics event the city of Memphis will host, but probably not the last.

The USA - GDR event will be held on April 28-29 at the Mid-South Coliseum in Memphis. It will be televised live on ABC Sports. This is one competition you won't want to miss!

## U.S. RHYTHMIC NATIONAL CHAMPIONSHIPS

Next on the agenda is the U.S. Rhythmic National Championships on May 4-6 in Eugene, Ore. The event will select a new national team. The top 10 seniors will make up the senior national team and the top eight juniors will make up the junior national team. Alexandra Feldman is the 1989 U.S. senior national champion and Naomi Hewitt-Couturier is the defending junior national champion. Those who make the national team will be eligible to compete both nationally and internationally for the U.S.

Other rhythmic events for 1990 include the Women's Day Cup in Czechoslovakia, March 16-17; the World Cup Qualification on May 4 in Moscow, USSR; the Corbell-

Escomes in France on May 7-14; the Brother Cup in Tokyo, Japan on May 25-26; Four Continents in Tokyo, Japan on August 28-September 1 and it will culminate with the Rhythmic World Cup in Brussels, Belgium on October 20-21.

## U.S. NATIONAL CHAMPIONSHIPS

Brandy Johnson and Tim Ryan will attempt to defend their national championship titles this year at the U.S. National Championships. The event takes place in Denver, Colo. on June 8-10 for both the junior and senior men and women. This coating competition selects the U.S. national artistic gymnastics team for 1990. The Denver Coliseum is the site and the event will be televised on NBC Sports. In addition, the U.S. National Championships will serve as the trials for the Goodwill Games. The top



1989 U.S. National Champion

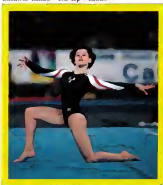
four senior men and women from the Championships will advance to the Goodwill Games.

## U.S. OLYMPIC FESTIVAL

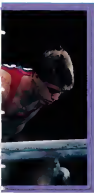
The U.S. Olympic Festival will be held in Minneapolis, Minn. on July 6-15. Twenty-four men, 24 women and 16 rhythmic national team members will be divided into teams representing the North, South, East and West. Competition for the men begins on July 12 and for the women on July 13 at the St. Paul Civic Center. Rhythmic gymnastics begins on July 9 at the Wilkins Auditorium.

This multi-sport event provides an Olympic Games experience for the athletes. This year 38 sports will be represented at the Minneapolis/St. Paul event. It will be televised on ESPN.

Kim Kelly was a big contributor to the U.S. women's fourth place finish at the World Championships.



1989 U.S. National Champion



## GOODWILL GAMES

And the most important event of the year—the Goodwill Games. The Games are to be held in Tacoma/Spokane, Wash. from July 29 - August 5. The men's artistic gymnastics competition will take place on July 20-22, the women will compete July 27-29. Eight teams of four athletes each will compete for team, all-around and individual honors. The competition will take place at the Tacoma Dome in Tacoma, Wash.

The following men's teams have been invited to compete at the Goodwill Games—United States, Soviet Union, China, Japan, Romania, Hungary and East Germany. In addition, there will be a team made up of individuals including Yurii Checho from Italy, Kaloier Hristov from

Lance Ringnald was the top finisher for the U.S. men at the World Championships.

Bulgaria, Curtis Hibbert from Canada and Alfonso Rodríguez from Spain.

The women's teams invited to participate include the United States, Soviet Union, Romania, East Germany, Canada, Japan and China. The individuals invited are Ava Rueda from Spain, Deljana Vodenatcheva from Bulgaria, Henrietta Onodi from Hungary and Sarah Mercer from Great Britain.

Rhythmic gymnastics will take place in the Spokane Coliseum, in Spokane, Wash., July 27-28. The top three gymnasts from the U.S. and the Soviet Union are invited to compete plus Blerika Panova and Adriana Dourumskia from Bulgaria, Ana Baurista and



Jennifer Lovell's personality shines through during her ball routine at the '89 U.S. Olympic Festival.

Ada Liberio from Spain, Erika Aklyama and Yukari Kawamoto from Japan, Samantha Ferraro and Maria Ferraro from Italy, Eliza Hladkowska and Joanna Bodak from Poland and Zsuzsa Muzslai

and Erika Pal from Hungary.

The Goodwill Games competition is head-to-head, top-6 format. This international invitational showcases the world's best athletes in 21 sports. The purpose of the Games is to offer athletes a chance to compete in a major, multi-sport competition, covered by media worldwide, at the mid-point between the Summer Olympics, and to promote friendship and understanding among athletes and countries around the world.

## MCDONALD'S CHALLENGE: USA-USSR

The McDonald's Challenge: USA-USSR will be held immediately after the Goodwill Games on August 3-5 in the San Francisco area. For those who were unable to attend the Goodwill Games, you will get another chance to catch the action of the Soviet Union in the dual competition with the U.S. Last year's champions are the U.S.'s Brandy Johnson and the Soviet Union's Valery Belenky. Both the Soviet men's and women's teams defeated the U.S. last year. However, this year the U.S. is working extremely hard and is eager for revenge. The event will be televised live on ABC Sports.

## USA-CHINA COMPETITION

The last major event for the U.S. in the 1990 season is the competition between the USA and China. This event will take place in Honolulu, Hawaii on November 9-11 at the Blaisdell Center.

The event will follow the

same format as the U.S. Challenge. A U.S. gymnast will compete head-to-head with a gymnast from China in a seeded bracket tournament. The all-around winner of each bracket advances, with the final three bracket winners advancing to the all-around finals. Scores are not carried over to the next round, so the winners of the USA-China Competition are determined



Amy Scherz hopes to make her mark during the 1990 year.

by the athlete who has the highest all-around score in round three. This event is the first international gymnastics tournament held in the U.S.

This event should be exciting due to the competitiveness between the U.S. and China. At the 1989 World Championships, the U.S. women placed fourth and the team from China placed third, the U.S. men tied for eighth and the men's team from China placed third.

The USA-China Competition will be one that you won't want to miss!

For more information regarding the above events, write the U.S. Gymnastics Federation, P.O. American Plaza, 391 S. Capitol Ave., Ste. 200, Indianapolis, IN 46202 or call (317) 237-8300.

# CHRISTY HENRICH DETERMINED TO WIN

When one thinks of motivation, tenacity and enthusiasm, one name

in the sport of gymnastics comes clearly to mind — Christy Henrich. Henrich is 17 years old from Independence, Mo. She's been in gymnastics for 12 years and has experienced her share (and then some) of setbacks, yet nothing can keep her down.

Henrich's first big disappointment came during the 1988 Olympic Trials where she placed ninth all-around, missing a trip to Seoul, South Korea largely because of one result in the compulsory round of competition. From that day on, Henrich resolved to make the next Olympic Team.

It seemed everything was going in her favor until April of 1989 during the McDonald's Challenge: USA - USSR competition. Henrich suffered a severe injury during the warm-ups, the day before the competition.

"I wanted to tell Christy

not to continue," said Paul Henrich, her father.

Yet, three months later in July, Henrich overcame her setback and competed at the U.S. Championships in Bloomington, Minn. She not only competed, but she also walked off the award stand with the silver medal in the all-around.

What a feat for someone who, three months earlier, had suffered a serious injury. She also placed second on bars and beam and third on floor. It seemed Henrich's triumphant recovery was due to her strong desire to succeed.

"It wasn't going to stop

me," said Henrich, who returned to the gym four days after her accident wearing a brace and eager to begin rehabilitation. "You could get hurt no matter what you do in life."

She's definitely a fighter. In fact, when she joined the Great American Gymnastics Express Team, her coach, Al Fong, nicknamed her "E.T." for extra tough.

Another tough moment in Henrich's gymnastics career was at the 1989 World Championships Team Trials. Henrich was winning the competition throughout the two-day event until disaster struck on her floor exercise routine. Henrich had a fall on her second and third tumbling passes and, therefore, had to settle for second in the all-around versus first.

Then came the World Championships Henrich was primed to compete at the biggest and most important competition of her life. She and the rest of the U.S. team did fabulous. The U.S. women's team placed fourth all-around, barely missing a bronze medal, and Christy was one of only three U.S. gymnasts to make the event finals. She did the best bar routine of her entire life and scored a 9.950, nearly perfect. However, Li Fong from China and Daniela Siliva from Romania went up after Henrich and scored perfect 10.0's and Olga Smirnova from the Soviet Union scored a 9.975.

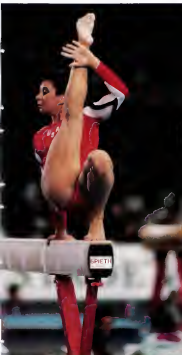
The knocked Christy out of third place, medal contention, into fourth place.

Although being ranked fourth in the world on bars is quite an achievement, Christy was not very pleased. After World Championships she was eager to go back to the gym and learn more skills so that she could win a medal at

the next major competition.

However, another small setback came Henrich's way after the World Championships. Henrich suffered a stress fracture in her foot and had to wear a cast. She's now out of her cast and has started to work out again. She did strength work while in her cast so that she would not be entirely out of shape.





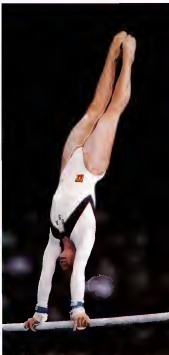
"This has been my best year in gymnastics, but it has been a tough year with injuries," said Henrich.

Henrich's future plans are to compete this July in Seattle, Wa., at the Goodwill Games, to compete in the 1991 World Championships, in Indianapolis, Ind., and eventually to make the 1992 Olympic Team, to be held in Barcelona, Spain.

lens, Spain.

Fong said, "I know she can do it." She has everything going for her. She has world-class performances."

Next year, after graduation from high school, Henrich plans to attend a local college and continue training with the Great American Gymnastics Express. She wants to be a sports therapist so that she



can help other people.

"I can relate to this profession since I've been hurt so much," said Henrich. "I would also like to have my own gym."

If hard work and dedication earned medals, Christy would have the gold.

**LEFT:** Henrich holds a tough position on beam at the World Championships.

**ABOVE:** Christy Henrich swings to an outstanding fourth place finish on bars at the 1989 World Championships.

# RACANELLI WINS THE GOLD

Mike Racanelli is the first U.S. gymnast to win an

event title at a major international men's competition since 1984. Racanelli, 21, a senior from Ohio State University, recently represented the U.S. at both the Chunichi Cup and Tokyo Cup in Tokyo, Japan and won the gold medal on the floor exercise event. He proved the U.S. is moving up and will be a force to reckon with in future international competitions.

BY LUAN PESZER

PHOTO BY JEFFREY M. HARRIS FOR ESPN





**AAI**  
**AMERICAN**

"I feel really proud to win the gold medal," said Racanelli.

Racanelli's coach, Peter Kormann, said, "Mike beat Yun Chueh from Italy on floor and Chueh is ranked third in the world in that event."

Racanelli also was a member of the 1989 World Championships team. In fact, Racanelli had the tough job of lead-off man for the U.S. Although being first is advantageous in many sports, gymnastics is not one of them. The lead-off person has to have solid routines so that the team can start off with good scores and, hopefully, keep them rising. Racanelli did a great job in that position. His only mistake in the compulsory round of competition was an extra swing on pommel horse.

"It was my best compulsory performance of the year," said Racanelli. "I just prepared myself for going first."

"The lead-off position is always a tough one but someone has to do it and I think



Racanelli swings a 4.95 set on high bar at the 1989 World Championships.

Mike did a really good job for the team," said Kormann. "In fact, all but two of Mike's compulsory scores counted in the team score."

Bill Mosde, coach of the World Championships team, said, "We put Mike in the lead-off position for the U.S. because we felt he had a strong enough personality to handle the situation and he took some of the pressure off the other team members. Mike is a team player and made a big contribution toward the U.S. efforts."

Unfortunately, Racanelli had a fall on floor, therefore, was eliminated from medal contention in his best event. However, Mike learned a great deal at the World Championships, namely that he can compete with the best in the world.

Racanelli placed third all-around at the 1989 U.S. Championships. He also took the gold medal on floor at the U.S. Championships.

When asked why he is

# Problem?



# PEGASUS Solution!



There's never been a shoe like this before! The Pegasus Olympian (Patent Pending) has solved the problems of toe blow out, heel shock and undue sole wear. To demonstrate our commitment to product excellence Pegasus is proud to announce a new 6 month warranty.

See us in our retail stores, visit our website <http://www.pegasus.com> or call 1-800-522-5823 to buy the competitor... if you want solutions buy Pegasus!

Pegasus International, Inc. / 5032 Riping St. / West Ridge, CO 80033 / 1-800-522-5823 / Denver Metro 424-9899  
 Shoes by phone or mail: Check, C.O.D. (with \$17.95 shipping) Retail price \$17.95 per \$2.95 shipping (Canada, U.S. & Mexico)

**Official sponsor and supplier of the Canadian Gymnastics Federation.**

IN CANADA: CONTACT: Canadian Gymnastics Federation, 1600 James Nolan Drive / Suite 510  
 Gloucester, Ontario K1G2N6 / (613) 746-5837 / FAX (613) 746-5891



such a great tumbler, Mike replied, "I really enjoy tumbling. I like the feeling of being up in the air."

Miles executes a double twisting double salto, one of the most difficult tumbling skills in the Federation of International Gymnastics code book. Karmars taught him the skill by utilizing the trampolines.

Racarelli certainly is learning from someone who knows, as Korman won a bronze medal on floor at the 1976 Olympic Games.

"Peter's the single most important reason that I've improved," explained Raczar. "I was making steady progress from my sophomore year at a high school in my sophomore year in college, then I decided to really commit myself to gymnastics. I tried to do everything Peter said. Peter started the tradition of U.S. gymnastics. I've known about him since I was young and I have a lot of respect for him."



Mike also talked about his former coaches, Ed Kornpa from B.K. Gymnastics Center in West Avalon, N.Y.; Bob Whitney from Eastern Gymnastics in Neenah, Wis., N.Y.; Jody Schultz from Deer Park Gymnastics Academy in North Bay Shore, N.Y. and Mike Wilton from Ohio State.

"I pick up a little wherever I go," said Racarelli. "I didn't ever push myself until my sophomore year in col-

### Workshops

Racineff, the youngest of four brothers, has big goals for the future. His first two goals are to win the NCAA Championships (last year he placed second in the all-around) and to win the U.S. Championships (last year he placed third in the all-around). In addition, Racineff has his sights set on winning a medal at the 1991 World Championships.

Indianapolis, Ind. and placing in the top 10 all-around. Lastly, he wants to make the 1992 Olympic Team squad.

"I want to compose as long as I'm healthy," said Rachael. "I feel like my body is still young."

Racine, is not only at the top of the list in U.S. men's gymnastics, but also at the top of the list in terms of academics. Mike is a scholar/athlete at Ohio State. He maintains a 3.4 (out of 4.0) grade point average in history and eventually wants to enter law school.

"I've always been pretty interested in law," said Rancelli. "I have a sense of fair play and law has to do with ethics."

When asked what advice he would like to give young gymnasts who aspired to be a National Team member, Mike replied, "I'd tell them that if they have a goal then give their all to achieve it. Don't just go half way, give the extra effort!"



## Stop painful ankle problems

*Used by leading professional, collegiate and amateur athletes  
to stop painful ankle problems.*

**Prevent or reduce injuries with Swede-O Universal ankle braces. Proven effective and durable in years of testing and use. Swede-O Universal ankle braces are as equal to or better than athletic tape with no harmful skin irritation.**

**Seeds-0** Universal milk: breast are quickly easily and comfortably applied by the mother. It's as easy as pulling on a shoe. They are reusable, ecological and guaranteed: one full month's supply.

Keep your flexibility and strength while protecting your ankles from injury or re-injury! Recommended by leading sportsmedicine professionals worldwide.



**Its order arrives \$27.50 each or \$45 per pair.**  
*(Includes all taxes and delivery charges.)*

ID	ITEM	SIZE	QUANTITY	PRICE	SUB TOTAL
				TOTAL	



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	-----

10

10

[illegible]

© 2005 Blackwell Publishing Ltd, *Journal of Internal Medicine* 258: 105–114

[illegible]

100



Unique Industries  
PO Box 7000  
Holt, Michigan 48855

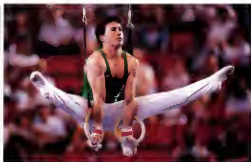
## UPDATE

## 1989 Winter National Championships

By Robert Cowan

**T**hat great experiment which began in 1987 at the University of Nebraska and titled the Winter Nationals continued the tradition of a mid-season evaluation this year. Conducted at the United States Olympic Training Center for cost-efficiency and because of the local support from Paul Angelico, Mark Cummings, Pat Shane and other volunteer groups in the area, the event was very successful in providing a venue for members of the Senior Team to move up in rank, members of the Senior Elite Development Team to make the Senior Team, and athletes who missed the team last summer to get another shot at a national team slot.

Tom Schlesinger was the Winter Nationals Champion with an outstanding comeback after failing to make the 1989 World Championships Team Training. Scott Kewick, after compulsories, primarily due to an almost disastrous pommel horse routine, Tom got off to a rough start on his first two events (8.60-floor, 8.70-pommel horse) but rallied with a 9.55 on rings and continued with scores of 9.29 on vault, 9.55 on parallel bars and 9.75 on horizontal bar to finish with a 55.85 in optionals and 110.280 weighted total for compulsories and optionals.



Tom Schlesinger got off to a rough start but finished as the champion in the 1989 Winter Nationals.

Scott Kewick showed tremendous improvement from his 12th place finish at U.S. Championships which earned him a first place rank on the Senior Elite Development Team, finishing in first place after compulsories with an impressive and solid 55.55. His only major error in the compulsory round came on pommel horse. However, Scott missed four events in optionals, which dropped him to fifth overall and a 12th place rank on the senior team. Jeff Lutz has returned to Oklahoma where he is being coached by Mark Williams



Jeff Lutz improved his compulsory skills and earned the silver medal at the Winter Nationals competition.

and has greatly improved his compulsory skills, evidenced by his third place rank after

compulsories. But, Lutz, who was formerly a high school All American and Junior

# GYMNASTICS UPDATE

Team member coached by Robert Crowan, really shows off his natural kinesthetic skills in options. John Roethlisberger, coached by his father, Fred Roethlisberger, finished a strong third, although he was short 1.2 in difficulty due to having a few missing extraskills which all gymnasts are now required to display



John Roethlisberger

as a result of the men's program committee additional requirements. David St. Pierre finished fourth and remained on the national team despite two missed compulsory events and three missed optional events, especially a 7.85 on parallel bars.

The weighting of the compulsorys has certainly enhanced the performances of these coaches, but, rarely has this had a dramatic effect on the outcome of the team. However, Chris Waller would have finished fifth had the scores not been weighted, instead of sixth, as was the final result.



David St. Pierre

The awards at the competition were presented by Don O'Harris, member of the U.S. Gymnastics Foundation and a special award was presented

to the organization USGO, and the group of ladies, including Sherry Von Kessen for their efforts on behalf of men's gymnastics.

## SR NATIONAL TEAM

1. Lance Ringwald
2. Conrad Voornanger
3. Kevin Davis
4. Tim Ryan
5. Patrick Kirksey
6. Mike Racanelli
7. Channy Umphrey
8. Tom Schlesinger
9. Jeff Lutz
10. John Roethlisberger
11. David St. Pierre
12. Scott Knawick

## SR DEVELOPMENT TEAM

1. Dan Ziemper
2. William Roth
3. Bob Steller
4. Charles Loop
5. Kyle Asano
6. Chris Kabat
7. Kerry Huston
8. Summer Darling

## WINTER NATIONAL RESULTS

- |                         |             |        |
|-------------------------|-------------|--------|
| 1. Schlesinger, Tom     | Nebraska    | 110.28 |
| 2. Lutz, Jeff           | Oklahoma    | 109.66 |
| 3. Roethlisberger, John | Minnesota   | 108.78 |
| 4. St. Pierre, David    | UCLA        | 108.48 |
| 5. Knawick, Scott       | UCLA        | 108.38 |
| 6. Waller, Chris        | UCLA        | 108.36 |
| 7. Minicucci, Dominick  | Independent | 107.86 |
| 8. Carion, Adam         | Gold Cup    | 107.50 |
| 9. Warburton, Mark      | Nebraska    | 107.50 |
| 10. Dumas, Trent        | Nebraska    | 107.26 |

## T-SHIRTS from KARTOONS

Brilliant 5-color  
Designs on white  
30/50 shirts



**Design A**



-also available on black  
shirts for \$1 extra-

**Design B**



**Design C**

only  
**\$12.50**  
each!

### SIZES

Youth:

XS-L

Adult:

S-XL

### Postage:

1 to 4 items - \$2

5 Or more - \$5

Send check or M.O. to: KARTOONS 318 HWY 190 W Woodville, Tx 75479

## Climbing The Ranks

Drew Durbin  
Class II National Champion

By Luan Prosek

**D**rew Durbin is an up-and-coming talent in the U.S. men's program. Durbin, is the 1989 Class II National Champion. Training 18-20 hours per week at Columbus Gymnastics Academy, Durbin attributes his gold medal at the Class II Nationals to his renewed dedication to gymnastics and increased experience level.



Drew Durbin

"Last year I placed 15th at Nationals and this year I went into the competition shooting for the top five. After the first day of competition, I was in first place and I really wanted to win," said the enthusiastic 15-year-old.

Although pommel horse is usually thought of as the toughest of all the men's events, Durbin claims the pommel horse is his favorite of the six apparatus for men. In fact, Durbin has a distinct knack for this event as he proved when he took the gold medal at a recent international competition in Hungary called the Tulit Peter Invitational.

This Hungarian competition was Durbin's first international trip. However, it was

not his first international competition. He also competed in Indianapolis, Ind. last year in the Pacific Alliance competition and placed 13th all-around.

"The Pacific Alliance was my favorite competition because I had a team there and they helped a lot," said Durbin.

Another factor in Durbin's favor is his coach, Dennis McIntyre. "He's very supportive and he knows what he's talking about," said Durbin.

McIntyre describes his prize gymnast as being, "A great kid. He has self-discipline, a great inner drive and is very motivated."

"My goal in 1990 is to compete at the U.S. Championships competition and my future goal is to make it to the 1992 Olympic Games," said Durbin.

When Durbin was asked who he looked up to in gymnastics he said, without hesitation, "Lance Ringnald. Ringnald is young and made the Olympic Team (1988) and that's what I hope to do too."



Drew Durbin competing in the Tulit Peter Invitational.

## Jr. Coach Gene Watson Produces Champions

By Luan Prosek

**G**ene Watson has coached many, many gymnasts—three of whom were on the 1989 World Championships Team! Watson is a top-notch coach for the U.S. who is producing champions.

Watson, like many other top junior coaches, may go unnoticed because the gymnasts he trains hit their peak in gymnastics when they reach the collegiate level of competition.



Patrick Kirksey, Kevin Davis, Gene Watson and Tim Ryan.

Kevin Davis, Patrick Kirksey, and Tim Ryan all have three things in common — they were coached by Gene Watson, they are national team members and they are champions!

What's the secret to Watson's hidden success?

"He's very dedicated, one of the best coaches in the country," said Bruno Kluss, owner of International Gymnastics School in Stroudsburg, Pa. where Watson coaches gymnastics. "He deals very well with the gymnasts and has a wonderful attitude."

"Patience and hard work," said Watson when asked his secrets to success. "I teach boys ages five to 18 and I think as I get older I get better at coaching. I learn as I research, develop more contacts and put more time into the sport. It's a never-ending process."

Watson, originally from North Carolina, was a gymnast himself at the University of Georgia. Lee Cunningham was primarily responsible for Watson's coaching career which began at Western Carolina University. Watson coached at Western Carolina while getting a master's degree in Health and Physical Education.

When asked if being a competitive gymnast helped him to coach, he replied, "Sure it does, but gymnastics has developed so much since I competed that my background in physics and biomechanics has been most helpful to me."

Watson also coached at Geriatric Gymnastics Center in Lilburn, Ga. and Atlanta School of Gymnastics in Atlanta, Ga. before moving to his present coaching position at International Gymnastics School. At International Gymnastics School, Watson takes his gymnasts through a system of training.

"We have a program which was developed by Mas Watanabe about 10 years ago that we follow. The program has been modified many times and includes strength training, stretching, flexibility, body alignment, and balance in addition to the basic skills. I believe that each gymnast should work on his weakness whether it be flexibility, strength or whatever."

Watson didn't realize

## UPDATE



Gene Watson coaches a young group of gymnasts.

when Davis, Kirksey, and Ryan were young that they would be such good gymnasts. "I don't single out a 12-year-old boy and say, 'He's going to be an Olympic champion,'" Watson says.

that he simply takes each boy to his own potential. "I try to get them as far as they can go," said Watson.

The one thing this optimistic coach likes most about coaching gymnastics is see-

ing one of his gymnasts win and knowing he had a part in it.

When asked what his goals were, he replied, "To get my four junior national team members, Bill Mulholland, Summer Darling, Tony Parry and J.D. Ritvo to qualify for the U.S. Championships."

"Gene is concerned with athletes as people, not just as gymnasts," said Davis, champion of the 1988 McDonald's International Mixed Pairs and 1988 Olympian. "He has the ability to motivate gymnasts to want to win for themselves as well as for Gene."

"He's a great guy and was a great coach for me," said 1989 National Champion Tim Ryan. "Gene made sure I did things correctly and strong basics are very important."

As for the future of men's gymnastics in the U.S., Watson said, "I think the U.S. men's program is on the up-

swing. I foresee them breaking into the top six. I don't have control on how things are done and I don't have a crystal ball, but I predict it will happen in the next 10 years."

Watson thinks compulsories are the key to the U.S. success. In fact, Watson said, "Compulsories should be competed in NCAA dual meets so that they can be worked year-round."

"We can't break into the top six unless we have strong compulsories. We've made tremendous improvement in optional skill level, now we need stronger compulsories."

As for Gene Watson's future... "I have several boys who are very strong," said Watson.

The future looks bright for U.S. men's gymnastics thanks to dedicated and enthusiastic coaches like Gene Watson.

## Olga Korbut Pays A Visit

By Patti Auer

The U.S. Gymnastics Training Center, located in Indianapolis, Ind., has hosted various clinics throughout the past months. Gymnasts that have visited the state-of-the-art facility leave with renewed enthusiasm and new knowledge of their sport.

But one group of gymnasts from Region Five left their training clinic with even more — boasting rights to the fact that they had met a world-famous gymnast, and received some tips on how to win.

Olga Korbut, the Soviet Olympic gold medalist, known for her electrifying and daring moves, stopped in at the Training Center to meet

the young gymnasts. She also offered a word of advice.

"Work hard, listen to your coach, and remember," she said through an interpreter.

"I was surprised. I never thought I would meet her. She was B.C.," said Moqeen Maurer of Toledo, Ohio.

Some of these gymnasts were not old enough to personally witness the effect Olga had on gymnastics, when she won silver and gold medals at the 1972 Munich and 1976 Montreal Olympic Games. But Coach Todd Gardiner of the Illinois Gymnastics Institute remembers the first time he saw her.

"She was one of the first to really start the skills. She got me into coaching. This means a lot to these kids. She is an in-



Olga gives autographed sweatshirts.

spiration to us."

Olga Korbut was visiting Indianapolis to visit the USGF, as well as promote and raise funds for the Emergency Help for Children Federation. This organization is working closely with the Soviet gov-

ernment to identify Soviet children in need of medical procedures and treatment and send them to Riley Hospital in Indianapolis.

"First of all, second of all, and third of all, the children are our future," Korbut said.

## UPDATE

## Brandy Johnson Sullivan Award Finalist

By Patti Auer

**N**ational Champion Brandy Johnson has been selected as a finalist for the AAU James E. Sullivan Memorial Award.

1989 was a banner year for Brandy, as she won every major international and national event leading up to the World Championships, in October. At the World Championships she finished seventh in the all-around competition and won a silver medal in the vault competition.

"This is a prestigious honor to be named a finalist, every nominee is an outstanding athlete," said Brandy from her home in Altamonte Springs, Fla.

Johnson trains with Kevin and Rita Brown at Brown's Gymnastics in her hometown. She is currently training for the McDonald's American Cup (March 3-4, 1990 in Fairfax, Va.) and the McDonald's International Mixed Pairs (March 7, 1990 in Philadelphia, Pa.)

Only one gymnast, Kurt Thomas, has received the Sullivan Award. Kurt was award recipient in 1979, after winning six medals at the 1979 World Championships.

Brandy will be in Indianapolis, Ind., home of the U.S. Gymnastics Federation, for the annual awards dinner on March 12.



Brandy Johnson

This award, created in 1950 to honor the most outstanding amateur athlete in the U.S., will be announced March 12th, in Indianapolis, Ind. Selection is based upon character, sportsmanship and leadership, as well as outstanding talent in the respective sport. Johnson is the youngest of the ten finalists, which include swimmer Janet Evans, and speedskater Bonnie Blair.

"USGF is extremely honored that Brandy has been recognized as a finalist for amateur sports' most prestigious award. She joins some of our sport's most elite company such as Kurt Thomas, Bart Conner, Mary Lou Retton and Scott Johnson," said Mike Jacki, executive director of the USGF.

## Daily Mirror Competition

**J**ennifer Lowell, 15, was among the top 10 finishers in the Daily Mirror Rhythmic Gymnastics International competition, held in London, England. Lowell from Miami, Fla., scored a 36.35 in the all-around, her best international score ever. Lowell's highest scoring event was the ball with a 9.15, followed by her 9.10 in the rope event and 9.05 in the hoop and ribbons events.

Bulgaria's Bunka Panova won the competition with an incredible 39.65 score in the all-around. Panova was primed after winning the silver medal at the Rhythmic World Championships just weeks before this competition. Oksana Kostina from the Soviet Union took second with 38.90 and Adela Liberto from Spain, trailing a fair distance behind, took third with a score of 37.95.

## Women's Barcelona Competition

By Delene Duett

**B**arcelona, Spain was the site of the 11 Memorial Joan De La Liera competition for women. This was an invitational competition with one gymnast from 14 different countries competing, including top gymnasts from the Soviet Union and Romania.

The U.S. was represented by Jenny Ester with her coach Kristi Kraft from Gymnastics Country USA in Tulsa, Okla. Ester finished seventh in the all-around with a score of 38.515. She per-

formed beautifully on all four events with scores of 9.60 on vault, 9.766 for uneven bars, 9.533 for balance beam and a 9.616 for the floor exercise event.



Jenny Ester

Romania's 1988 Olympic all-around silver medalist Daniela Silivaș won the women's all-around competition with a score of 39.495. 1989 World Championships all-around silver medalist Natalya Laschenova from the Soviet Union tied with Spain's Alicia Fernandez for the silver with a score of 39.432.

## Sandy Woolsey Nominated For Dial Award

**W**orld Championships team member Sandy Woolsey, from Tempe, Ariz., is among the top 10 finalists for the Dial Award, an honor given to the top high school athlete-scholars in the nation.

Woolsey, a student at Marcos de Niza High School in Tempe, AZ, finished eighth in the all-around competition at the 1989 World Champions-



ships, third at the World Championships Team Trials, and third at the 1989 U.S. Championships. She was also part of the 1989 Four of Gymnastics Champions. All of this, while she maintains a 3.8/4.0 grade point average. Woolsey enjoys math and physics and hopes to, one day, participate in the space program.

# GYMNASTICS UPDATE

## Tulit Peter Memorial Tournament

Dennis McIntyre

**K**iskunhalas, Hungary was once again the site for the 14th annual Tulit Peter Memorial Tournament for boys. Kiskunhalas is a low-land town of about 30,000 people located 150 kilometers south of Budapest near the Yugoslavian border. The competition was held in the Kiskunhalas Sportshalle, a fairly new facility, and well attended by the enthusiastic townspeople. The competition involved approximately 100 gymnasts from nine countries in six different age groups. The competition has the reputation for being the international starting point of many well known European male gymnasts such as Johann Jensenom, Cucuzoghy Gyorgy, and Silvio Kroll.

The all-around was dominated by the host Hungarians at every level. The U.S. was represented by Junior National team member Drew Durbin of Columbus Gymnastics Academy in Columbus, Ohio. Drew, 15, competed in the 15-16 age group division and earned the bronze medal behind two Hungarian gymnasts, Vilmos Torok and Sándor Czigler, who finished first and second respectively. The highlight of the competition, for Drew, was finishing first in pommel horse, a feat much appreciated by the Hungarians who pride themselves on pommel horse excellence.

Because of the number of relatively young gymnasts in the competition, it was most interesting to note the obvious national training focus of the different countries. Hun-



Drew Durbin gets a boost from his coach, Dennis McIntyre.

gary has certain key skills on the different apparatus which virtually every gymnast displayed in their exercises. For example, magyar travel or some portion of one on pommel horse, a front lever on still rings, and the giant swing at parallel bars were used by all Hungarians no matter what club or part of the country they were from. The emphasis was certainly on diffi-

culty development sometimes at the expense of execution. On the other hand, the British focus was on technical excellence with not too much concern for difficulty or combination construction in their routines. In comparison, the U.S. national team members are extremely competitive in both the execution and difficulty categories.

# 1990

## A FANTASTIC

new catalogue from the  
most experienced producer  
of floor-ex music.

Digital Mastering and  
Uncompromised Quality  
from the  
Barry Nease Studio.

### 1990 DEMO TAPES - \$5.00

FLOOR EXPRESS

BOX 2200  
(202) 884-3777

FRISCO, CO 80443

# FLOOR

## EXPRESS

# MUSIC

## UPDATE

## Swiss Cup, Arthur Gander Memorial, DTB-Pokal

The U.S. sent a gymnastics delegation to Europe to compete in the Swiss Cup, the Arthur Gander Memorial and the DTB Pokal competitions. The U.S. delegation included gymnasts Lance Ringnald from Gold Cup Gymnastics in Albuquerque, N.M., Conrad Voorsanger from Stanford University in Stanford, Calif., and Kim Zmeskal and Amy Scherr from Karolyi's Gymnastics in Houston, Texas. The coaches were Bob Rikkind and Bela Karolyi and the judges were Abie Grossfeld and Joanne Achenbrenner. Achenbrenner was also the delegation leader.

in the all-around competition. Unfortunately, Ringnald sprained his finger prior to the competition and did not compete. Li Chunyang from China won the competition with a score of 58.40. Voorsanger finished eighth with a 56.15.

For the women, the results again came up first and third. Amy was in possession of yet another third place medal with her 39.00 all-around score while Kim battled the outstanding Hungarian performer, Henrietta Chada, to the wire for the first place

honors. Both were throwing near perfect routines but Kim clinched the title when she scored a 10.0 on floor exercise to tally a 39.60, just ahead of Henrietta's score of 39.45.

The most important of the competitions was the DTB-Pokal held in Stuttgart, West Germany, because points were earned for World Cup qualification as well as all-around and event finals awards. A total of 15 countries participated in this prestigious competition.

For the men, Ringnald had one major miss on pommel

horse and scored 56.20 for 15th place and Voorsanger, also with one major miss on high bar, scored 56.40 for 13th place. Both scored valuable points leading toward the U.S. qualification for the next World Cup. The gymnasts from the Soviet Union placed one, two and three in the all-around. Valentin Mogulov won with 58.30, followed by Vitalik Murach with 57.95 and Valery Belenky scored 57.90.

Ringnald made finals on high bar but, unfortunately, made two mistakes, going the wrong way on his back pommel

## Chunichi Cup Tokyo Cup

The U.S. competed in the Chunichi Cup and Tokyo Cup. The delegation consisted of gymnasts Mike Racanelli from Ohio State University, Conrad Voorsanger from Stanford University, Kim Kelly from Parkettes in Allentown, Pa. and Chari Knight from American Gymnastics Training Center in Eugene, Ore. The coaches were Sadao Hamada, Bob Levesque and Bill Strauss. Karen Wilson was the delegation leader.

The Soviet Union dominated the Chunichi Cup competition with Valeri Belenky winning the men's all-around, 58.55, and Natalia Lashchenova winning the women's all-around, 39.71.

Yun Chechi from Italy earned the silver medal with a score of 58.35 and Yukio Itozaki from Japan took the bronze with 58.25. Racanelli placed 10th in the all-around with a score of 57.55 and Voorsanger placed 17th with 56.45.

Another Natalia from the Soviet Union took the silver medal for the women, her last name was Kalina. She scored 39.362 and Christina Bontas from Romania carried the bronze with a score of 39.362. Knight placed 10th all-around with 38.724 and Kelly placed 13th with 38.387. Romania's Daniela Silivas,

the silver medalist from the 1988 Olympic Games and the defending champion of the 1988 Chunichi Cup, placed fourth in the all-around with 39.22.

The Tokyo Cup was considered event finals from the Chunichi Cup. For the U.S., Racanelli won the gold medal on floor, the first individual men's gold medal in an international competition since 1964.

Racanelli mounted with a double layout to an immediate flip flop punch front one-and-a-quarter. He dismounted with a double back and scored a 9.85, just edging out Chachi with a 9.625.

Voorsanger also made the U.S. proud with his 9.775 on high bar for the silver medal. Voorsanger tied with Italy's Paolo Bucci.

Knight competed in bars and beam and Kelly competed in vault and floor. In fact, Kelly took the bronze medal on floor with a score of 9.712, behind Taffara Creshkova from the Soviet Union with 9.85 and Man Kouage from Japan with 9.625.

"Chari and I hit all of our events and we were both very happy," said Kelly. "Neither of us fell or made one major mistake the whole time we were here and the guys did great too. It was a good trip."



Bela Karolyi, Kim Zmeskal and Amy Scherr.

The Swiss Cup in St. Gallen was a mixed pairs competition with 11 nations participating. Ringnald and Zmeskal were successfully paired and took the first place honors. Voorsanger and Scherr placed third in spite of Scherr's one fall on beam. The pair from China, Li and Li, took the silver medal.

The second Swiss meet took place in Montreux. This lovely city, surrounded by the Alps on Lake Geneva, was host to the Arthur Gander Memorial competition. The same 11 countries now competed



Parkettes' Kim Kelly



## UPDATE

## Bemco Hosts Tots and Teens Fun Day

etic and sitting down on his layout double double dismount. In spite of his misfortune, he finished in fourth place on that event.

Zmeskal placed fourth in the all-around with a score of 39.025 and Schert was fifth in the all-around with a 38.975. Barbel Wiegand of East Germany was third with 39.188 and Natalia Laschenova from the Soviet Union, placed second. Laschenova was the runner up at the 1989 World Championships and first place winner at the 1989 Chunichi Cup.) Henrietta Onodi, the Hungarian superstar, was the champion with 39.935 points.

In finals, Kim brought further honor to the U.S. with her third place finish on vault behind Onodi in second and Laschenova in first. She also earned a silver medal on beam while Laschenova again took the gold. Schert qualified for all four events in finals and was the floor exercise bronze medalist while Laschenova placed second and Onodi won.

Bemco, the Official Mattress of the United States Gymnastics Federation, hosted an event called "Tots and Teens Fun Day" at Tots & Teens Furniture and Bedding Store in Niles Island, Ill. Bemco featured the Gainer Gymnastics Club in a USGF sanctioned demonstration.

Coach John Redmond said, "We enjoy working with a corporate sponsor. We need companies to get involved and stay involved, enterprises like Bemco who believe in the same things we believe in, in best effort, excellence, home values and education, gymnastics is just the tool."

Daryl Tarbutton, president of Bemco Associates, Inc. agrees, "Gymnastics events are the tool for Bemco's best effort with its dealers, its customers, and with the young athletes we support. It's why we're pleased to sponsor



events which reinforce positive values and success not only at the professional retail level, but at the personal growth level as well."

The Bemco mattresses are available in the U.S. Gymnast Gold, U.S. Gymnast Silver, U.S. Gymnast Bronze and the U.S. Gymnast Special. They are especially designed for

athletes and feature Bemco's exclusive Health Zone Suspension System with a reinforced center for superior strength and firmness, as well as a custom designed surface of premium grade upholstery and extra insulation layers for edge to edge comfort.

## GYMNASTICS SPECIALTIES

Unique gift items for your gymnast

PINS  
BUTTONS  
JEWELRY  
STASH BOXES  
DESK TOPPERS  
ROOM SIGNS  
WOODEN GYMNAST  
KEY RINGS  
T-SHIRTS



## CLEVER CREATIONS

PENCILS  
PENS  
STATIONERY  
NOTEBOOKS  
NOTEPADS  
SUNCATCHERS  
WHISTLES  
EMBROIDERY HOOPS  
...AND MANY MORE

WHOLESALE PRICE LISTS  
FOR CLUBS

2045 Helderberg Ave.  
Schenectady, N.Y. 12306  
518-356-2233

FREE PERSONALIZATION  
AVAILABLE

# GIBSON QUALITY

— means quality from  
around the world.  
Resport Grips  
crafted in  
Switzerland.



**Resport Grips**  
with **Salice**  
**Midband**

Men's: Small  
(24-26cm)

Men's: X-S/M/L

Men's: High Rise

(24-30cm)

Men's: S/M/L

Ladies: Usenet

(22-25cm)

Men's: X-S/M/L

\$25.00 per pair

plus \$3.00 shipping

Other styles also available — please call

**GIBSON, INC.**

P.O. Box 1444, Englewood, CO 80020

303/437-1912, 1-800-421-6385 Ext. 223



**Gym West**  
**Sport Products Company**  
**Gymnastic Shoes**  
**ONLY \$15.00**



Color: White  
Sizes:  
Children 8-13  
Adult 1-11  
You must send  
tracing of foot  
with order

• Made of canvas and leather. Excellent for  
beginner and intermediate gymnast

• Shipping: Add \$1.50 for 1st pair and \$ .50  
for each thereafter

• Send Money Order, Check or C.O.D. to  
Gym West Company  
P.O. Box 133  
Clawson, MI 48017 (313) 557-4314

## LOW COST • HARD ENAMEL CUSTOM MADE MEDALS & PINS

### Custom Medals & Pins

Made of top quality

hard lined enamel.

Vivid colors and

detailed work to

your design,

shape, and size.

No. Encl. CASH/200.

Max. order only 150

pins, 4 week

delivery. Gold, silver, or

brass finish. Corded in gold

loops. Small shorts, neckties, or

roast today.



### Stock Medals

Immediate delivery

on these 3 medals

enamel 3/4" medals

• Corded in gold loops

• Only \$25.00 each

(\$1.10 with ribbon)



**KB Specialties, Inc.**

18000 Plum St., Dept. 15440

Free Office Box 1763

Bellflower, Ca 90706 7003

(213) 866-5325

## What to Say Two Minutes Before Competition

*Continued From Page 20*

motivates. While it is true that some athletes will respond with the attitude, "I'll show him or her," the long-term effects of this type of pre-event preparation are devastating to self-confidence. Saying, "Don't do..." to an athlete just prior to performance can also be damaging.

Inducing guilt about past performance can only put the athlete in the past and not in the present. The athlete should perform in the "here and now."

Reminding athletes of their friends who are watching or the importance of the event can harm many gymnasts. Try to help athletes focus on the event, not the consequences. The gymnast already knows the importance of the competition. The focal point should be the elements of the routine, not who is watching in the arena.

Finally, remember that it is the coach's responsibility to train the athlete physically for competition. However, the coach cannot "perform the set" for the athlete. In the same regard, it is the athlete's responsibility to prepare him- or herself mentally for the competition. The coach and teammates are there for support. It is a time to be there for mental support, but not to "mentally spur" the performance of your gymnast. This preparation is done weeks and months in advance.

**Good luck!**

### References

Amiel, M.A. (1986). *Sport Psychology: From Theory to Practice*. Scottsdale, AZ, Gurneah Schindrick publishers.

### SUMMARY OF GUIDELINES

1. Communicate with your gymnast
2. Treat each gymnast as an individual
3. Release stress through physical activity
4. Build self-confidence
5. Plant a positive image in the mind of your gymnast
6. Use praise, not criticism, as a motivator
7. Help your gymnast focus on correct behavior
8. Help your gymnast focus on the event, not the consequences

## EVENT SCHEDULE

## MARCH

- |        |                                 |                  |
|--------|---------------------------------|------------------|
| 14     | McDonald's Amer Cup (M/W)       | Fairfax, VA      |
| 17     | McDonald's Int'l Mixed Team     | Philadelphia, PA |
| 18     | U.S. 4th Int'l. Competition     | Irish, France    |
| 20-24  | International Teamwork of BSC   | Leuven, Belgium  |
| 22-25  | International Youth/Bery        | Leuven, Belgium  |
| 27-30  | Canada Cup (M) Canada Elite (W) | Toronto, Canada  |
| 30-Apr | U.S. Challenge (M/W)            | Las Vegas NV     |
| 30-Apr | 1 Moscow News (M/W)             | Moscow, USSR     |
| 31     | Level 10 State Meet (G-G)       | Various Sites    |
| 31-Apr | 1 Euro of Athens (W)            | Athens, Greece   |

1	2	3	4	5
---	---	---	---	---

- |          |                                   |                        |
|----------|-----------------------------------|------------------------|
| 1-7      | Je. National Team Camp (M)        | Colorado Springs, CO   |
| 2-9      | "International" Jv Tournament (H) | Denver, Virginia       |
| 3-6      | Cotton Cup (M/W)                  | Gilmer                 |
| 7-17     | First Elite Regional (W)          | Various Sites          |
| 18       | Level 9 State Meets (JG - W)      | Various Sites          |
| 17-20    | USGF Div. II & III Champ. (M/W)   | Colorado Springs, CO   |
| 21-22    | "OTB" Cup of Rhythmic Gymnastics  | FRG                    |
| 23-21    | NCAA Championships (W)            | Oregon St. University  |
| 23-21    | NCAA Championships (M)            | Minneapolis, MN        |
| 23-21    | Level 10 Regional Meets (JG - W)  | Various Sites          |
| 23-23    | Dutch Open (W)                    | Rotterdam, Netherlands |
| 27-29    | Chico Cup (M/W)                   | Boeing, China          |
| 27-May 3 | Camp and Competition (M)          | Switzerland            |
| 28-29    | Second Elite Regional (W)         | Various Sites          |
| 28-29    | Dual Comp. - USA/GDR (M/W)        | Memphis, TN            |
| 28-May 5 | World Sports Fest (M/W)           | Tokyo, Japan           |

## HAI

- |       |                                    |                      |
|-------|------------------------------------|----------------------|
| 4     | World Cup Qualification (R)        | Moscow, USSR         |
| 4-6   | U.S. Rhythmic National Champ       | Buquet, OR           |
| 4-6   | EO Junior Nationals (W)            | Colorado Springs, CO |
| 7-14  | Corbini-Escapes (R)                | France               |
| 12    | EO Senior Nationals (W)            | TBA                  |
| 19    | U.S. Classic Nationals (W)         | Saginaw, MI          |
| 19    | Elite Coachin Seminar (WTC Course) | Saginaw, MI          |
| 19-20 | Senior Elite Regional (M)          | UCLA, Iowa, Ohio     |
| 20-26 | Boys' Cup (R)                      | Tokyo, Japan         |
| 20-26 | Grand Prix de Rome (M/W)           | Rome, Italy          |
| 20-27 | Golden Seeds (M/W)                 | Verona, Bulgaria     |
| 20-30 | Cyrenastrada Youth Camp            | Dortmund, FRG        |
| 26    | Level 9 East Coast (R), MI         | TBA                  |

■■■■■

- |       |                               |                   |
|-------|-------------------------------|-------------------|
| 8-10  | U.S. Championships (M/W)      | Denver, CO        |
| 12-17 | JO Nat Team Training Camp (W) | *Indianapolis, IN |
| 20-21 | Jr. B Training Camp (W)       | *Indianapolis, IN |
| 23-24 | Champion's Cup (M/W)          | TBA               |



- |          |                                 |                     |
|----------|---------------------------------|---------------------|
| 3-7      | IO Championships (M)            | Baltimore, MD       |
| 6-15     | U.S. Olympic Festival (M/W/R)   | Minneapolis, MN     |
| 16-21    | Int. Pan American Games (M/W/R) | Tallahassee, FL     |
| 20-Aug 5 | Goodwill Games (M/W/R)          | Seattle/Spokane, WA |

<sup>(1)</sup> Nations, R. W. 1996. *Reproductive life cycle of the common carp, *Cyprinus carpio**. *Journal of the American Water Resources Association* 32:1011-1020.

Presented by: William McLaughlin, Director of Special Events

## VELCRO GYMNASTIC GRIPS



**G. W. DEITCH SR., INC.**  
275 RICH VALLEY ROAD  
CARLISLE, PA 17013  
(717) 687-3107



STYLE	PRICE PER
1 Plain White Dress	6.99
2 Miami Strip Evening Gown	72.00
3 Lincoln Tuxedo/Accessories (Men)	13.99
4 Plain White Gown (wedding dress)	29.99
5 Plain White Gown (wedding)	29.99
6 Plain White Gown (wedding)	29.99
7 Plain White Gown (wedding)	29.99
8 Plain White Gown (wedding)	29.99
9 Plain White Gown (wedding)	29.99
10 Plain White Gown (wedding)	29.99
11 Plain White Gown (wedding)	29.99
12 Plain White Gown (wedding)	29.99
13 Plain White Gown (wedding)	29.99
14 Plain White Gown (wedding)	29.99
15 Plain White Gown (wedding)	29.99
16 Plain White Gown (wedding)	29.99
17 Plain White Gown (wedding)	29.99
18 Plain White Gown (wedding)	29.99
19 Plain White Gown (wedding)	29.99
20 Plain White Gown (wedding)	29.99

1000 1000

Product	Size	Color	Material	Weight	Price
Black Leather T-Shirt	XS	Black	100% Cotton	0.45	12.99
Black Leather T-Shirt	S	Black	100% Cotton	0.50	14.99
Black Leather T-Shirt	M	Black	100% Cotton	0.55	16.99
Black Leather T-Shirt	L	Black	100% Cotton	0.60	18.99
Black Leather T-Shirt	XL	Black	100% Cotton	0.65	20.99

\*T. Kikuchi, *Shikoku University, Japan*

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_  
Phone # \_\_\_\_\_

[illegible]

800-445-8870  
 800-2-NO-DRUGS (6687)  
 800-2-NO-DRUGS (6687)  
 C.O.D. 24 Hrs. - 24/7  
 (800) 445-8870  
 (800) 445-8870  
 (800) 445-8870

Mullerova and Fiedlerova

Exchanges for sale: rights of same price can be made as long as the items are related in use. (the skills of identifying an asset)

11. <http://www.fishbase.org>

EW: Can the firm and anyone of its employees, associates or owners control guidelines for user freedom from spying? The user assumes all risks.

1000

1000

© 2004 by Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 105–112

Please contact the publisher for more information.

# SUMMER CAMP DIRECTORY

## NORTH

**Valley Thruster Gymnastics Camp**  
Valley City, ND 58072  
(701)845-7238 office  
June 18-22  
June 23-29  
Terry Corwin  
(701)845-4275

**University of Minnesota  
Men's Sport Camp - Gymnastics**  
556 15th Avenue SE  
Berman Athletic Building  
Minneapolis, MN 55455  
(612)626-7545  
July 22-26  
Vivian Langley

**Flathead Lake Gymnastics Camp**  
Montana's Classic National  
Park and  
Yellowstone National Park  
June 22-25  
Hal Halverson  
Vanguard Gymnastics Center  
Los Angeles, CA 90005  
(914)242-3347

## WEST

**Pikes Peak Gymnastics Camp**  
3875 Melrose Rd  
Colorado Springs, CO 80907  
(719)556-6661  
June 17-July 18  
Don Eckert

**National Academy of Artistic  
Gymnastics**  
148 W. 12th Avenue  
Eugene, OR 97401  
(503)344-3300  
(503)344-3301  
June 18-August 19  
Dek Maderall

**Lake Cascade Summer Camp**  
1875 Century Way  
Bose, ID 83809  
(208)376-3641  
June 25-July 2 (B&C)  
Frank Sahlin

**Wings Super Summer  
Competitions Camp**  
1875 Century Way  
Bose, ID 83809  
(208)376-3641  
August  
Frank Sahlin

**BYU Gymnastics Camp**  
126 Harrison Building  
Provo, UT 84602  
1-800-DUAL-BYU  
June 18-22 (G)  
July 9-13 (G)  
July 30-August 3 (G)  
June 25-29 (B)

**Super Camp**  
c/o Desert Devils Gymnastics  
7800 E. Flamingo St.  
Scottsdale, AZ 85257  
(602)941-3496  
July 30-August 4  
August 5-11  
August 12-19

**Oregon State University Girls  
Summer Gymnastics Camp**  
Griff Collection Room 125  
Oregon State University  
Corvallis, OR 97331  
(503)737-2623  
July 8-13  
Jim Turpin or Dick Fossil

**Stanford Gymnastics Camp**  
Department of Athletics  
Stanford University  
Stanford, CA 94305  
(415)496-3413  
July 1-26  
Rick Greenwood

**Eu-Rhythmic Summer Camp**  
P.O. Box 11625  
Eugene, OR 97440  
(903)484-4151  
June 18-August 10  
Kathy Drym

**Lake City Gymnastics Camp**  
3014 H. Government Way  
Cesar E. Allen, ID 83814  
(208)765-9137  
(208)667-3014  
July 23-27  
Don Gardner

**Top of the Rockies Gymnas-  
tics and Dance Camp**  
 Estes Park, CO 80501  
(303)236-0366  
June 18-23  
Tagera Koehnke

**Arizona Pines Gymnastics  
Camp**  
21432 N. Central  
Phoenix, AZ 85024  
(602)542-8283  
August 12-17  
Mike Payne

**Puget Sound Gymnastics  
Summer Camp "90"**  
10908 66th Ave E  
Puyallup, WA 98373  
(206)845-0910  
June 25-29  
July 2-13  
Brad Lutz or Carolyn Stankis

**All Star Elite Gymnastics Camp**  
Lakewood, CO  
(303)893-5141  
June 18-22  
July 9-13  
July 16-20  
Barbara Kinnade or Marlene  
Pierotti

## SOUTH

**1990 Brown's Gymnastics Girl's  
Competitive Camp**  
740 Chicago Ave.  
Altamonte Springs, FL 32714  
(407)869-8746  
July 8-13  
Rita Brown

**American Gymnastics of Boca**  
9873 Glades Rd  
Boca Raton, FL 33434  
(407)480-6644  
June 18-August 18  
Margo Holtschorn

**Alabama Gymnastics Camp**  
P.O. Box 263  
Tuscaloosa, AL 35466  
(205)348-4579  
June 10-15, June 17-22  
June 24-29  
David Patterson

**Oklahoma Summer  
Gymnastics Camp**  
P.O. Box 1200  
Norman, OK 73069  
(405)225-6341  
July  
Greg Burwick

**Karolyi's World Camps**  
17203 Burnwood  
Houston, TX 77060  
(713)444-8999  
June 11-July 21  
Bela Karolyi

**United States Gymnastics  
Training Centers**  
Box 1033  
Deland, FL 32721  
(904)734-4114  
July 1-6

July 8-13  
July 15-20  
Bela Pataky

**'Heartbeats' Summer Training  
Camp**  
4940 W. Hardy St  
Hattiesburg, MS 39402  
(601)266-0394  
June 21-24  
Garry Browne

## EAST

**Woodward Gymnastics Camp**  
P.O. Box 95, Route 45  
Woodward, PA 16862  
(814)346-5630  
June 7-September 1 (Sunday to  
Sunday)  
Ed Isabella

**Technique Gymnastic Camp**  
64 Springfield College  
47 Fairfield Street  
Springfield, MA 01108  
(617)273-0705  
July 9-14  
July 16-21  
Steve Posner

**Gymnastics Gymnastics  
Competitive Camp**  
P.O. Box 30384  
Raleigh, NC 27632  
(919)782-6772  
June 18-22  
July 23-28  
Christine Kennedy

**Rhythmic Summer Camp**  
Hampshire College  
Amherst, MA  
July 13-28  
Maria Bakos  
51-15 Van Kleeck St  
Elmhurst, NY 11373  
(718) 457-8447

**International Gymnastics  
Camp, Inc.**  
R.D. 48, Box 8032  
Scottsdale, PA 18340  
(717)629-3244  
June 17-August 31  
Bruno Klaus, Director

**Parkette Gymnastic Camp for  
Girls & Boys**  
400 Lawrence Street  
Allentown, PA 18102  
(215)433-0001  
July 1-6, July 8-13

July 15-28, July 22-27  
Parkettes Office

**Middlebush Gymnastics Camp**  
701 Whiskey Mill Rd.  
Joppa, MD 21085  
(301)879-0716  
August 5-11  
Teressa Yopp

**Wage**  
P.O. Box 1771  
Duxbury, MA 02332  
(617)794-6526  
June 28-August 19  
Dick Courtois

**Timber Trails**  
Hillside Box 158  
E. Oss Rd.  
Tolland, MA 01034  
(413)258-4592  
June 24-August 14  
Eric R. Marston, Jr.

**UMass Summer Gymnastics Camp**  
345A Boyden Bldg.  
University of Massachusetts  
Amherst, MA 01003  
(413)545-3523  
July 22-August 19  
Roy Johnson

**National Gymnastics Training Center**

**YMCA-YWCA Camping Services**  
Hagerston, NY 12746  
(914)856-4362  
July 1-July 14  
Camping Services  
Q125844-1200 ext. 312 or 313

**Tim Daggett Gold Medal Gymnastics Camp**  
33 Bussio Cir.  
Agawam, MA 01001  
(413)786-4886  
June 25-August 4 or August 10  
Tim Daggett or Joe Sammen  
(413)739-9524 Joe

**Woodland Gymnastics Camp**  
P.O. Box 796  
Natick, MA 01760  
(508)653-0755  
June 25-August 3  
Cathy Jo Laidie

**West Point Gymnastics Camp**  
West Point Summer Sports Camps - USMA-OCOA  
West Point, NY 10996  
(914)938-2802  
July 29-August 3  
Larry Butler

**IUP Gymnastics Camp**  
Memorial Fieldhouse/IUP  
Indiana, PA 15003  
(412)387-2462

July 29-August 3  
August 5-10  
Don Kerding or Gary Stam

**Meadowlands G.T.C. Summer Camp**  
345 Meadowlands Blvd.  
Washington, PA 15300  
(412)745-5556  
July 8-13  
July 15-20  
July 23-27  
Susan Worburton

**Dunkle's Gymnastics Camp**  
South Hero, VT 05486  
(802)272-8468  
June 24-August 3  
Tom Dunkley  
49 East Terrace  
So. Burlington, VT 05403  
(802)242-3273

**Salem Gymnastics Summer Camp**  
1901 Margaret St.  
Winston-Salem, NC 27103  
(919)735-4668  
August 5-10  
Kenny & Beth Morphis

**North Carolina Summer Gymnastics Camp**  
Weyand's Gymnastics Inc.  
8617 Monroe Road  
Charlotte, NC 28212

(704)668-1277  
July 1-8  
Don Weyand or Eric Singer

**Rainbow's End Gymnastics Summer Camp**  
Merckenburg Academy  
Merckenburg, PA 17326  
July 30-August 3  
August 6-10  
Lynn Ross  
(717)267-1760  
Cindy & Wayne Beaver  
(717)436-8081

**Team USA Gymnastics Camp - Year '90**  
Box 657  
Valley Forge, PA 19483-0657  
(215)440-5731  
June 13-August 30  
Susan Ricci  
Rick Palumbo

**Richmond Gymnastics Clinic**  
10701 Trade Road  
Richmond, VA 23236  
(804)794-2813  
August 12-17  
Peggy Malloy

**New Hampshire Academy Summer Camps**  
67 Winnetu Rd.  
No. Hampton, NH 03842  
(603)944-4000

B R I G H A M Y O U N G U N I V E R S I T Y

# GYMNASTICS CAMPS



## Boys' Camps

Ages 10-17  
Camp I: June 25-28, 1990

### Directors:

Mike Sakamoto  
BYU Head Coach/Former Olympic Coach

Peter Valner  
Dual Olympic Gold Medalist

## Girls' Camps

Ages 10-17  
Camp I: June 18-22, 1990  
Camp II: July 9-13, 1990  
Camp III: July 30-August 3, 1990

### Director:

Brid Caterbrook  
BYU Head Coach  
Director/Coach, All-American Gymnastics Club



BYU Conferences and Workshops, 155 Harmon Building, Provo, Utah 84602 • 1-800-DIAL-BYU

## TOP of the ROCKIES

GYMNASTICS & DANCE

### CAMP

Experience the fun  
of learning  
in the snow capped,  
sunny Colorado Rockies.



- Five minutes from scenic Estes Park
- Individual programs available for all levels of gymnastics & dance — ages 7 and up
- Supervised free time and evening programs including horseback riding, miniature golf, swimming, hiking, go carts, etc.
- Safety certified, adult staff, small teacher-pupil ratio
- Enhance your personal style with international level staff featuring Gisele Pless, choreographer to Olympians, Nadia, Mary Lou. Plesske and many more

FOR ADDITIONAL INFORMATION  
CALL OR WRITE  
O K 's Gymnastics  
4211 South Mason  
P.O. Collins, CO 80515  
(303) 226-0306

COLORADO

July 8-13 (BO)  
July 15-19 (BH)  
August 22-17 (BO)  
July 22-27 (G)  
July 29-August 3 (G)  
August 5-10 (G)  
Barry Weiner

Northumberland-Westmoreland  
Gymnastics Camp  
Westmoreland Recreation,  
Box 28  
Montross, Virginia 22069  
804/469-8154  
804/280-8900  
June 11-15  
Angeline Saxon

### MID WEST

Mid American Gymnastics  
Camp  
For Competitive Gymnasts  
845 E. Bradford St.  
Merrion, IN 46562  
317/264-2336  
July 22-27  
July 29-August 3  
Randy Hall (317)754-7076  
Kathy Anderson (317) 385-7373

Lake Okauch Gymnastics  
HC60, Box 60  
Cable, WI 54601  
715/798-3786  
June 18-August 25  
Tom Jones

Wright's Gymnastics Camp  
Washington, IN  
317/244-9443  
June 18-19  
June 24-29  
July 8-13  
July 22-27

Fighting Illini Gymnastics  
Camp  
113 Assembly Hall  
1500 S. First St.  
Champaign, IL 61820  
(317)344-0288  
June 17-22 (Boys)  
June 25-28 (Boys)  
Yvonne Haynasko  
(317) 333-7979

Fighting Illini Gymnastics  
Camp  
113 Assembly Hall  
1500 S. First St.  
Champaign, IL 61820  
(317)344-0288  
July 28-August 3 (Girls)  
August 5-10 (Girls)  
Bev Macken  
(317)333-1688

University of Missouri  
Horman Arena

Columbia, MO 65211  
(314)862-8001  
June 3-4  
June 10-15  
Charles "Juke" Jacobson  
(314)862-8001

S.E.M.C./Gateway Gymnastics  
Camp  
1580 Roshon Hall  
P.O. Box 484993  
St. Louis, MO 63146  
(314)569-2183  
June 18-22  
June 25-29  
Debbie Harmon/Kim Costello

Iowa Summer Sports Camp -  
Boys' Gymnastics  
The University of Iowa  
8216 Field House  
Iowa City, IA 52242  
(319)335-9714  
July 15-20  
Tom Dunn or Mike Ferris  
(319)335-9432

Cardinal Gymnastics  
Mary Roth  
University Gym  
Newby Ave.  
Muncie, IN 47306  
(317)285-1671  
(317)285-1221

Jewish Community Center  
Gymnastics Day Camp  
3501 Mayfield Rd  
Cleveland Hts., OH 44118  
(216)380-6000 ext. 205  
June 25-Aug. 17  
Myrna or Brenda

Smoky Mountain Junior Boys  
Developmental  
Gymnastics Training Camp  
Rt. 8 Box 12 East Brown  
School Rd.  
Maryville, TN 37801  
(615)866-8253 or 55  
August 5-11  
Deanna Council

UW-Stout Lady Devil Gym-  
nastics Camp  
Johnson Fieldhouse  
Menomonie, WI 54751  
(715)250-2324  
July 22-July 27  
July 29-August 3  
Scott Gay

# STANFORD GYMNASTICS

*BOYS CAMP 1990*



SADAO HAMADA  
1989 COACH OF THE YEAR



TONG PEI  
FORMER WORLD CHAMPION

## CAMP DIRECTOR

SADAO HAMADA - HEAD COACH STANFORD UNIVERSITY

## PROGRAM DIRECTOR

TONG PEI - ASSISTANT COACH STANFORD UNIVERSITY

## CAMP STAFF

TIM RYAN • CONRAD VOORSANGER • CHARLES LOOP

*JUNE 25 - 29    JULY 2 - 6*

*FOR MORE INFORMATION WRITE OR CALL*

*Sadao Hamada c/o Athletic Department*

*Stanford University, Stanford CA 94305 (408) 251-1847*

# CHALLENGES IN THE 1990'S

## NEW ORLEANS



USGF Congress in New Orleans...land of dreams. From 1990's *Swain Street Blues* to the rumbling metropolis teed in antiquation accent, take some time out from the Congress to let New Orleans entertain and fascinate you. Brimming with culinary pleasures, the spicy city's know-for-it Cajun cooking. Shall the fabulous French Quarter, visit the museums and antique shops, enjoy street entertainment, and the haunting echoes of pure jazz played like nowhere else in the world.

### HOST HOTEL

New Orleans Hyatt Regency,  
Poydras at Loyola Avenue  
(504) 561-1334

**Wed, Sept. 12** - Registration & Pre-Congress Business Seminar

**Thur, Sept. 13** - Registration & Opening Sessions of Congress

**Fri, Sept. 14** - Congress Sessions

**Sat, Sept. 15** - Congress Sessions and Banquet

\*\*\*\*\*  
**Featured Guest Speaker at the Annual Awards Banquet:**

**GEORGE  
STEINBRENNER**

Owner of the New York  
Franklin • Vice President  
of the U.S. Olympic  
Committee • Coauthor of the  
"Steinbrenner Report"

### RATES

Single	\$ 48.00
Double	\$ 84.00
Title	\$ 14.00
Good	\$104.00

### SEMINAR FEES

\$90.00 for USGF professional members postmarked by Aug. 1, 1990

\$110.00 for USGF professional members postmarked after Aug. 1, 1990

\$180.00 for non-USGF professional members regardless of date

**FEE INCLUDES** Free entrance to all lectures, master clinics, demonstrations. Final Awards Banquet and free admission to the exhibit area featuring the industry's finest products. Registration is non-refundable after September 4, 1990. NO EXCEPTIONS.

### REGISTRATION FORM

ONE NAME PER REGISTRATION

Name

Name of Club/Program

Address

City

State

Zip

Phone (area)

Photo (circle)

2001 Fee

Exp. Date

The formal card of our office (NO) will be sent August 27, 1990. After August 27, you must either (1) re-register to the Congress after September 4, 1990, (2) NO-REFUND.

Circle appropriate title

- ☐ Women's Prog. ☐ Judge  
☐ Media Program ☐ Coach  
☐ Club Owner ☐ Admin  
☐ Specialty Program



USGF CONGRESS  
P.O. Box 1000  
Indianapolis, IN 46201

Please return the registration form with check or fee to:



# USGF Video-Tapes & Educational Materials

## Tapes from the World Championships

- NEW! #2180 - Women's Optional Finals -** The top women in each event. (2:00) (A+)..... \$19.95
- NEW! #2181 - Women's Optional All-Around Competitions -** the top 36 all-arounders compete in each event (2:00) (A+)..... \$19.95
- NEW! #2182 - Women's Compulsory Competition (2:00).** Selected routines from gymnasts from various countries. Edited by event (A)..... \$19.95
- NEW! #2184 - Women's Team Competition USSR, CHN, ROM, and USA. (2:30) (A)..... \$19.95**
- NEW! #2185 - Women's Team Competition FRG/CAN/DDR/RUL..... \$19.95**
- NEW! #2260 - Men's All-Around Finals -** The top all-arounders in all 6 events. (2:00) (A)..... \$19.95
- NEW! #2261 - Men's Compulsory Routines -** Edited by event (A)..... \$19.95
- NEW! #2262 - Men's Individual Event Finals -** (1:40) (A)..... \$19.95

## WOMEN'S TAPES

- NEW! #2127 "Dance Levels 1 & 2 Re-planned, Expanded and Expanded!"** An excellent video for the gymnast wanting to learn more about dance. Includes an audio cassette. \$19.95

## EDUCATIONAL MATERIALS:

- NEW! #1113 F&G: Women's Artistic Symbols book..... \$12.50**
- NEW! #1114 Women's J.O. Levels I-IV.** (Same as 1st Ed. pages of Comp. book) Great for young athletes!..... \$15.00
- NEW! #1117 J.O. Technical Handbook** (Previously called the J.O. Supplement to the Code)..... \$10.00
- NEW! #1192 3rd Ed. of Women's Judges Training Course Outline..... \$10.00**
- Women's J.O. Compulsory Book, Levels I-IV and 5-10 for the current season.** \$11.00 Price for USGF Pro-members \$24.95
- #1111 Price for non-Pro-members \$34.95**
- #1101 Women's FIG Code of Points \$34.95**

- NEW! #2152 1989 American Classic Op-borne-Dallas, 11/89 (1:30)(A)..... \$15.95**
- #2153 1988 American Classic Comp-Dallas, 11/89 (1:30) (A)..... \$15.95**

## WOMEN'S COMPULSORY TAPES:

- #2105 1989-92 Level I-IV Compulsory VHS** The new developmental routines for your class and recreational students (A+)...... \$29.95
- #2106 1989-92 Level 5-7 Compulsory VHS** The new compulsory routines that will be utilized beginning with the Fall season. (A+)..... \$89.95
- #2107 1989-92 Level 10 Compulsory VHS** This is adapted from the 1989-92 Elite Compulsory routines (A+)...... \$49.95
- #2108 Special price for purchasing all three of the 1989-92 Compulsory Levels above. (A+)..... \$189.95**
- #2160 1989 Champ. of the USA: Women's Comp. (2:00) (B)..... \$15.95**
- #2161 1989 Champ. of the USA: Women's Optionals (B)..... \$15.95**

To order any of these tapes, or other educational materials presented in this issue, please complete the order form on the inside back cover and send to:



U.S. GYMNASTICS  
FEDERATION

PO Box 3542  
Indianapolis, IN 46225-5526  
(317) 237-5040

- #1300 FIG F&G Code of Points \$34.95**
- #1302 FIG Compulsory Text..... \$26.50**
- #1200 Men's F&G Code of Points..... \$24.95**
- #1202 Men's J.O. Compulsory Text \$16.50**

## MEN'S TAPES

- NEW! #2222 89-90 Men's Compulsory & NCIA Judging Analysis** Shows all Class IV-1 compulsory routines with technical comments. Great for judges, coaches and gymnasts (A)..... \$24.95

- NEW! #2223 1989 Future Trends in Men's Gymnastics -** Max Waterdale's presentation from USOC Congress (A)..... \$15.95

- NEW! #2220 Calisthenics, Warm-up & Conditioning. (R. Pumpolo)..... \$15.95**

## OTHER TAPES

- NEW! #2244 - Basic Power Tumbling with World Champion Steve Nunn -** progresses up through double twisting salto (NOTE: non-showered)..... \$15.95

- NEW! Sequential Gymnastics VHS -** This videocassette presents the Second Edition of Sequential Gymnastics, Grades 1-6.

- #2126 Video alone..... \$15.95**
- #2024 Individual Book..... \$19.95**
- #2127 Video with book..... \$24.95**

- #2021 USOC Gymnastics Safety Video -** Gymnastics Safety, First, Second, Always USOC Pro-members..... \$29.95
- Non-members..... \$39.95**

- #1211 Men's Gymnastics Training Diary** Keep track of your progress!..... \$8.50
- NEW! #1213 Men's F&G Symbols..... \$12.50**

- NEW! #3604 Sequential Gymnastics Grades 1-6 2nd Ed. Revised by the USOC Education Sub-committee, this book is ideal for P.E. teachers as well as the club development and pre-competitive coaches. The book's 3-hole punched pages can be removed and posted for the gymnast to see the skills. Illustrations beautifully drawn by James H. Stephenson..... \$19.95**

## USGF Safety Posters

- #6101 - 1 Safety Guidelines..... \$5.00**
- #6102 - 2 Reason. of Gymnasts..... \$5.00**
- #6103 - 3 Mats..... \$5.00**
- #6104 - 4 Safety First..... \$5.00**

## INTRODUCING! the Official USGF Gymnastics Safety Manual, 2nd Edition

The USGF is pleased to present the 2nd Edition of the **Safety Manual**. This has been the compilation of efforts of many of our top sports professionals headed by Senior Editor, Dr. Gerald S. George. The final product contains almost four years of study, review and the procurement of data research and documents. #6001..... \$16.45

NEW PRODUCT  
**UPDATE**

## Callous Stick, Rip Stick and Condition Stick

Rick Danley, owner of Danley's All American Twisters School of Gymnastics in Terre Haute, Ind., created a hand and foot care product line enabling gymnasts to have less rips and consequently, less pain normally associated with working out and competing.

Danley was a former gymnast himself; in fact, he was the NCAA high bar champion in 1974. He was also an All-American in 1972, 1973 and 1974. Danley coached the 1977 Indiana State University Men's Gymnastics Team, including Kurt Thomas, to the NCAA National Championship title.



Now Danley is a club coach/owner and a chemist. He has spent many hours researching, testing, and retesting to develop a group of three solid sticks to protect calluses. Each one designed to treat specific and unique needs associated with a gymnast's calluses.

Calluses are nature's way of protecting the skin. One does not want to eliminate



"CDDC" Balance Platform

calluses, despite popular belief, but rather to optimize the calluses ability to protect.

The three solid sticks that Danley created are named the Callous Stick, the Rip Stick, and the Condition Stick. The Callous Stick does exactly what it sounds like; it promotes calluses, making them stronger and less prone to ripping, tearing, or cracking.

The Rip Stick soothes and reduces the pain and discomfort one feels when skin rips, blisters or is cut. In addition, Rip Stick will not burn the area it is applied to as most balsam products do. Within 24-48 hours after rubbing the Rip Stick on the affected area, the user will be able to comfortably continue working out. Finally, the Condition Stick

contains all the things that are good for your skin, Lanolin, Aloe, and vitamins A, E, and D - All of which soak into the calluses and keep them soft and moist, thereby making them less likely to rip and/or crack.

Danley has an unending devotion and dedication to the gymnastics fields. He realized the need for the product line and created something that has been needed for years.

If you would like more information regarding the DAT stick product line, please write or call Rick Danley at DAT Incorporated, 605 N. 11th St., Terre Haute, IN 47807. (812)225-7402.

## AAI American Reflex Padded Balance Beam

This new AAI American padded aluminum beam meets all FIG specifications. Beam adjusts to three height settings of 39 3/8", 43 5/16" and 47 1/4". Height adjustments are made using a Re-



NEW PRODUCT

# UPDATE

flex sprinlock and internal spring/track adjustment. This method of adjustment allows the use of an 8' X 15 1/2' CLM at all heights under the beam. Beams are shaped to facilitate use of T-330-2 Transposters. The cost of the reflex padded balance beam is \$1,360.00. For more information contact AAJ American, 200 American Ave., Jefferson, Iowa 50129 or phone 515-386-3125.

## "CODOC" Balance Platform

"CODOC" Balance Platform - Ankle Exercise Board is the ideal tool for strengthening specific muscle groups in pre-season conditioning

programs and concurrent seasonal training programs. "CODOC" is used by world-class athletes as well as by ordinary people enjoying recreational sports. Regular use of "CODOC" will improve athletic performance and is generally accepted as an effective program for injury prevention. "CODOC" is awarded tool in rehabilitation programs following ankle sprains, fractures and tendinitis. "CODOC" Balance Platform - Ankle Exercise Board is designed for effective in-home exercise programs for muscle strengthening, injury prevention and rehabilitation. "CODOC" retails for \$39.95. For more information contact Eurocard, Inc., 14040 Leaning Pine Dr., Miami Lakes, FL 33014, or call (305) 556-1085.

DO YOUR GYMNASTS SUFFER FROM  
SORE HANDS? DO THEIR HANDS  
BLISTER, PEEL, RIP, OR BLEED? IS  
YOUR TRAINING TIME AFFECTED  
BECAUSE OF THIS?



## The Solution-DAT STICKS<sup>™</sup> Effective-Solid Stick Form

HIP STICK<sup>™</sup>: STOPS THE "PAIN", HEALS THE WOUND  
CONDITION STICK<sup>™</sup>: MAINTENANCE OF CALLUSES!  
CALLOUS STICK<sup>™</sup>: STRONGER CALLUSES!



Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Recipient's Phone ( ) \_\_\_\_\_  
[ VISA ] [ MasterCard ] \_\_\_\_\_ Exp. \_\_\_\_\_

	PRICE	QUANTITY	AMOUNT
Condition Stick <sup>™</sup>	\$5.00		
Callous Stick <sup>™</sup>	\$5.00		
Hip Stick <sup>™</sup>	\$8.00		
Shipping			
Total			

All orders are payable by check or money order to DAT INC.

The Vision Of The Future.

532 N. 11th Street  
Tampa, Fla. 33607  
812/235-7402

## National Academy Summer Camp

June 18 - August 10.

Stick Maivill coach of 19 Olympians and Linda Maivill (3 time USA Gymnast) make the famous gymmat to spend 4-8 weeks at the Academy. This unique 10th annual camp does not have a "summer only" staff but uses the same high quality staff who work all year with our elite athletes and have Academy progressions, teaching methods and follow our high standards of excellence.

**SPECIAL FEATURE:** Linda Maivill was the first USA floor exercise competitor and will teach them in camp. The entire Academy staff will teach all of the new competitive levels including the dance requirement.

CALL OR WRITE FOR FREE BROCHURE

## National Academy of Artistic Gymnastics

148 West 13th Avenue  
Eugene, Oregon 97401

(503) 344-2000 OR (503) 344-2001

## Sports International' 89-90

**GYMNASTICS  
IN  
THE SOVIET UNION  
2 WEEKS  
AT  
INTERNATIONAL SPORTS CAMP  
INTENSIVE SPORTS TRAINING CLINIC  
JUNE 16/JULY 7/AUGUST 14.  
\$2,195.00**

Sports International taking advantage of the warm relations between our two countries, has organized world renowned coaches of the Soviet Union, and are offering an Intensive Sports Training Clinic to expand your sports skills to the extreme performance, and allow you to train with some of the USSR's finest athletes.

If you are dedicated and truly serious about your sport this clinic will push you to new competitive heights.

TRAVEL—FOOD—SHOES—TRAINING—TOURS

All is included in one fantastic package price  
**RESERVATIONS LIMITED**

**CALL INTERNATIONAL SPORTS MANAGEMENT AT:**  
Phone 800-868-6850 • (201) 362-6850 or Fax (201) 396-5199  
INTERNATIONAL SPORTS MANAGEMENT  
33 RANDOLPH AVE., AVEREL, N.J. 07001

## ADS

## POSITION AVAILABLE

**Acrobat Show**—Let these people train you how you loved and cash. "AIR-RO-BICS", based in central Florida is always casting. Girls, 18 years, must be able to tumble. Men, 18 years, light high bar and rings. We teach you flying trapeze. For information call 813-466-2738.

**SPORTASTICS, INC.** has many franchises throughout the United States, and is growing rapidly. We are looking for enthusiastic individuals who have experience in one or more of the following areas: **MANAGEMENT OF GYMNASIUMS, CENTER, COMPETITIVE COACHING GIRLS/BOYS, DEVELOPING A RECREATIONAL PROGRAM.** Training provided. Good salary - benefits. Call (212)932-4469 or send resume to SPORTASTICS, INC., 2601 Waterson Ct., Champaign, IL 61821.

**Camp Winkler** for Boys and Girls, Canton, Maine. One of America's top general camps seeks enthusiastic gymnastic coaches, age 20+. Spotting/teaching beginner and intermediate classes, as well as general camp duties. Located on pristine lakefront setting in Central Maine. Must be available June 18-August 19. Contact: Eric/Laurie Scott, 44390 9610 335-3177.

**International Gymnastics School-Camp, Inc., Stroudsburg, PA** seeking a PROGRAM DIRECTOR/COACH with past coaching experience with boys and girls at all levels. Past international competition and coaching experience required. Multi-lingual skills required. Salary plus benefits. Contact: Bruno Kluge, Owner, RTHS, Box 1002, Stroudsburg, PA 18360, (717) 629-0244.

**Full-time GIRL SCOUTS** through class 9 at private gymnastics program with 300 students near Sacramento, California needs individual with strong coaching experience, leadership, and communication skills. Program has opportunities for worldwide exposure. Twenty year old program in new 6000 square foot facility. Salary commensurate with experience. Submit resumes in confidence to Jack Hudack, C/O Woodland Gymnastics, 40 N. East Street, Suite 1, Woodland, California 95695.

**COME GROW WITH US!** You have to see us to believe us. One of the finest equipped teaching facilities in the MIDWEST! 11,500 square foot gym offers Pre-natal to level 10. Congruent coaching staff and management. Employee kitchen and lounge. We are looking for a few permanent and part-time coaches to work ALL LEVELS. 1,200 students enrolled now. Good salaries and benefits offered to FULL TIME staff. Positions available immediately. Call Wendy (708) 692-0441 or write: MIDWEST ACADEMY OF GYMNASIATICS, 2496 110 Burnside Road, Wauwatessa, Illinois 60055.

Responsible, organized and enthusiastic COACHES are wanted for all levels (Pre-school, Developmental and Team Boys and Girls). Knowledge of safety and development of children a plus. 9000 square feet with over 700 gymnasts enrolled. Fully equipped facility affiliated with park and recreation. Send resume and call for an interview. Edina Gymnastics Association, 5401 Eden Circle, Edina, MN 55426. (612) 949-9499.

City run gymnastics program seeks top flight motivated and enthusiastic GYMNASIATICS DIRECTOR/HEAD COACH to supervise and instruct fast growing 700+ student recreational/competitive program. B.A. preferred with ability to coach/teach through lifts. Responsible for all phases of planning, development, training, instruction, evaluation, safety and budgeting. Salary—\$32,604-\$39,261 plus 1 1/2% annual bonus and 6% increase 12/90. Attractive benefit package included (11 days sick, 16 paid holidays, life and medical ins., dental & vision plan and fully paid PERS retirement program). Send resume to: Personnel Dept., C/O Civic Center, Menlo Park, Calif. 94025, or phone Dick Austin at (415) 855-0484 for more information.

## SEEKING EMPLOYMENT

Former Bulgarian National coach, Olena, seeks employment in the U.S. as a gymnastics coach along with his wife who competed in the 1984 World Gymnastics Championships and the Olympic Games in Mexico. She is also a university graduate in medicine and physical culture. Olena was the main trainer for the Bulgarian women's national team from 1971 to 1976. He has done a thesis for his doctor's degree. If you're interested in learning more contact: Bulgaria, Varna, Javor Str. 5-6, Dima Donchev Vichor.

Stoyan Delchev is seeking employment in the United States as a men's coach. He is a top level elite coach and speaks fluent English. He has been coaching the Bulgarian Men's Team, most recently in Seoul as the assistant Olympic Coach. His fax number is 011-359-42-88-48-57.

## FOR SALE

If you are looking for computer software to help you manage your gymnastics program, then you need to consider GYMFEZ. GYMFEZ will completely automate your gym office procedures and make functions such as scheduling and accounts receivable much easier. GYMFEZ will keep attendance, generate mail-outs, and manage all of your floor assets and it will integrate with almost any existing accounting systems. For more information write: Conceptful, Information Systems Consultants, 122 Brandon Drive East, San Antonio, TX 78209 or call (512) 822-7905.

**CARPET DIRECT**—Quality, service and value on residential and commercial carpet-

ing samples available. East Side Carpet Corporation, 2600 Walnut Avenue, Dalton, GA 30721. (404) 226-7443.

**SCORE MASTER**, the ultimate women's and men's Team and Meet Management system, just got better! SCORE MASTER provides individual and team results for compulsory and/or optional meets. This system is used in over 30 states as the local, sectional, state, regional, national and international levels. COACHES now see the graph and report your team and individual scores over an entire season! This easy to use, menu driven system, for your PC or compatible, comes with an on-line tutorial and complete documentation. For more information or a DEMO diskette write to: Mahoney Systems, 1112 Long Pine Lane, Charlotte, NC 28214. Or call (704) 392-7094.

**CLASS MASTER**, from the developers of SCORE MASTER, comes CLASS MASTER, a complete class management system for your gym or club. Designed to maximize your gym's profitability, CLASS MASTER fully automates functions such as registration, student and responsible party record maintenance, class scheduling and enrollment, accounts receivable and much of the daily business office activity at your gym. There's nothing in your business plan left to chance when using CLASS MASTER to help you make sound marketing, collection and curriculum decisions. CLASS MASTER is powerful, accurate and comes with complete on-line tutorial and documentation. CLASS MASTER is intertwined with SCORE MASTER and your accounting system. Write or call Mahoney Systems, 1112 Long Pine Lane, Charlotte, NC 28214. (704) 392-7094 for more information.

**GYMNASIATICS SCHOOL FOR SALE**, 6,000 sq. ft. of prime San Diego Industrial Park, best location, very favorable lease, gorgeous facility, pro shop, boys and girls teams to Class IIII stable enrollment. Write: San Diego School of Gymnastics, 9326 Kearny Mesa Rd., San Diego, CA 92111.

**GYMNASIATICS EQUIPMENT FOR SALE** Only used for 20 months. Excellent condition. AAI American apparatus. Adjustable Balance Beams, 5'00, Unisex Bar, 5'11.03, 5'01 Rings, 5'00, Mats, Beam Landing Mats size 6'X18x1/2"X4, 5'025, Tumbling Mats 5'X17X3, 5'000, Class 6'X12'X4, 5'025. Complete Rottex 1400 Foam Block Floor 5'X17' Wood with Foam Blocks and Hardware Attached, 1461/1" Foam, Blue Carpet, 5'000, 4-digit Score Flasher, 5'000, Chalk Holders, 5'01, 34" 32 Twisting Belt, 5'121, Adjustable Hilly Duty Mats Training, 3'X3'X4, 5'000. Nansen Trampoline, 7'X14' Incl. 5'000. Phone (219) 267-6407. Warsaw, Indiana.

**CREATING BUSINESS OPPORTUNITY** Five year old, well-established gymnastics program, located in Northwest Texas complete with new 7500 square foot gym and 300 pager

## ADS

students. Have excellent coaching staff on place. Willing to sell gymnastics program and equipment and lease the land and building. Send inquiries to 2809 Lakeside Lane, Llaneta, Texas 75066.

**GYMNASTICS SCHOOL** for sale. First class facility located in affluent Denver suburb next to the beautiful Rocky Mountains. Well established program with 300 students and still growing. Highly competent staff. Don't miss this opportunity! Interested parties may send inquiries to: Gymnastics Center, P.O. Box 4212, Englewood, CO 80155.

Designed specifically for gymnasts, the **NASSAR SYSTEM** can prevent ankle pain caused by twisting, twisting, and dislocations by compressing the ankle joint the **NASSAR SYSTEM** functions similar to many wrist supports. However, the **NASSAR SYSTEM** allows full range of ankle motion. Therefore, it cannot weaken the ankle. It does allow the gymnast to train longer and harder with less pain in his/her ankles and is particularly useful when learning new skills. Since the **NASSAR SYSTEM** is a new product for gymnasts there exists a 30 day money back guarantee. The gymnast can try the support, see if they like it, and return it for a full refund if they feel it is not beneficial. There

has been only one returned. The **NASSAR SYSTEM** is currently being used by gymnasts in 49 states and internationally. To order make checks payable to, and send to: Athletic Medical Technology, Inc., 30451 Glenview Circle, Farmington Hills, MI 48331. (313) 663-0423. Price \$15 per **NASSAR SYSTEM** plus \$1.75 P&H for the first 1-10 ordered. Discounts available for ordered 10 or more.

## ACQUISITIONS

If you are considering selling your gymnastics club, we may be your buyer. **SPOR TASTICS, INC.**, is seeking acquisitions. Absolute confidentiality. Ask for Jan Williams at (217) 352-0369.

## CAMP

**Rhythmic Summer Camp 1990**. Directed by Maria Bakou, internationally known Olympic coach and photographer. Location: The picturesque New England at Hampshire College, Amherst, Massachusetts. Featuring: Internationally and nationally known figures in the world of gymnastics and dance. Level: Beginners to elite and for coaches,

judges and teachers. **Coaches Seminar** Special concentrated course on **BASIC Rhythmic gymnastics**, July 13-15. **Gymnastics Camp Week**. Full week of Rhythmic gymnastics, ballet and jazz, July 15-21. Optional weekend week: Choreography and advanced skills for Elite, Class 1, and Class 2, gymnasts only, July 21-26. Call or write for free brochure today. Maria Bakou c/o Rhythmic, Inc., 50-15 Van Klyef Street Apt. 4-H, Bayside, NY 11353. (718) 437-8447.

## SEMINAR

Prosechoed Gymnastic Seminar to be held Saturday and Sunday March 24 and 25 at Pam Komara's Tumblabout Gym (6700 Sq. ft. facility built in 1989 specifically for children under the age of 18). This seminar will be held in Dyer, Indiana (1 hr. Southeast of Chicago). Pam also sells 21 different instructional videotapes to help train prosechoed gymnastic teachers. Call today to register for seminar or to receive a brochure on the videotapes/seminar. Visa/Mastercard accepted. (219) 865-2274.

USA GYMNASTICS

1989

YEAR IN PICTURES

The U.S. Gymnastics Federation has created a 1989 Year in Pictures publication featuring the best of your favorite gymnasts as pictured in the pages of USA Gymnastics magazine.

Action Photos...Color Portraits...all your favorite gymnastics stars in this year-end wrap-up.

Order your copy now! Send \$18 to: USGF Merchandise, P.O. Box 3362, Indianapolis, IN 46206-8762, Item # 1989, "1989 Year in Pictures".

## MOVING? LOOKING FOR A CLUB?

THE 1990 NATIONWIDE  
DIRECTORY OF USGF MEMBER  
CLUBS

Now on sale! Order yours/More than 600 clubs nationwide along with listings of their facilities, services, operation hours and locations. Order from USGF Merchandise, on page 47. Order #1006.....\$7.50 each

ORIGINAL DESIGN

Gymnastics

T-Shirts  
&  
Sweatshirts

(youth and adult sizes)

Call or write for our FREE Brochure or  
our complete dancewear catalog.

CALL TOLL FREE  
1-800-24-DANCE  
1-800-345-3633

physical fashion

280 Alford Road • Clark, NJ 07011

# SAFETY CERTIFICATION TESTING

## Scheduled Sessions

### Saturday, May 5, 1990

Dublin, Ohio - 1:00-4:00 p.m.  
Universal Gymnastics Northwest, Inc.  
6355 Old Avery Road  
Dublin, OH 614-766-4500  
Course Director: Robin Montanari  
614-457-1279  
Send Registration Forms for  
Universal Gymnastics, Inc.  
4885 Kuykendall Blvd.  
Columbus, OH 43224

### Sunday, May 20, 1990

Barbark, California  
9:00 a.m.-3:00 p.m.  
Barbark Airport Hilton Hotel  
2500 Hollywood Way  
Barbark, CA 91505 - 818-843-6000  
Course Director: Jeff Lulla  
818-845-0700

### Sunday, July 15, 1990

Stratton, Connecticut - 1:00-7:00 p.m.  
Stratton Community Center  
Course Director: Joan Hicks  
203-386-1340  
Local Contact: Richard Ward  
203-525-2476

### Thursday, August 9, 1990

Virginia Beach, Virginia  
Cavalier Hotel  
Course Director: Cathy Finkel  
201-863-6632

This course will be conducted in  
conjunction with the USGF Region  
VII 50th Congress.

## Everyone Needs To Be Safety Certified

- 1 Promotes a safer teaching/learning environment.
- 2 Reduces insurance premiums.
- 3 Identifies your commitment to your profession, your sport and your athletes.
- 4 Implementation of stricter safety practices will help reduce the chances of accidents and/or injuries.
- 5 Helps in membership recruitment.

## General Points of Information

- 1 The test book for the Certification Course is the USGF GYMNASTICS SAFETY MANUAL. This test/reference manual is to be purchased and studied prior to course participation.
- 2 The course will take approximately six hours, including the test.
- 3 Certification is good for four years.
- 4 The Course fee is \$100.00. USGF members and second cycle re-certification is \$75.00. Retest cost is \$25.00. For groups of at least 5, contact the USGF Department of Safety and Education (317)337-5890.

## Participation Registration Form

Name: Mr / Mrs / Ms \_\_\_\_\_ Sec. Sec. # \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: (H) \_\_\_\_\_ (B) \_\_\_\_\_

Course Director: \_\_\_\_\_

Course Location: \_\_\_\_\_ Date: \_\_\_\_\_

Organization Represented: \_\_\_\_\_

If USGF Member, List Type and Number: \_\_\_\_\_

Form of Payment: ☐ Check ☐ Visa ☐ Mastercard

Name on Card: \_\_\_\_\_ Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Signature: \_\_\_\_\_

Please make checks payable in full to USGF SAFETY CERTIFICATION  
Mail Registration Form and Payment to Respective Course Contact

DO NOT WRITE BELOW THIS LINE • FOR OFFICE USE ONLY

Registration Form Received: \_\_\_\_\_

Confirmation Mailed: \_\_\_\_\_

**OFFICIAL  
U-S-G-F  
MERCHANDISE**

**A TADMATIC'S T-SHIRT**—The 100% cotton short features easy-Couch Tee & the Tadmatic Devil and the devil's padges—huge Harry and Daffy Duck. Design is featured in red and yellow.

**RT101-7004** **\$11.00**

**5. GYM TIME T-SHIRT**—Sneaky, as everybody's favorite coach. He's surrounded by a team of Woodstock and friends demonstrating the sport of gymnastics (100% cotton). **POB: 1994** **PRICE: \$12.95**

**C** **BLUGG SUPER T** - What's up, Doc? The oversized t-shirt is back and with Bugs Bunny this time! Perfect for sleeping, lounging or just hanging around. **PRIMO** [www.primoapparel.com](http://www.primoapparel.com) **\$19.95**



**II WORLD CHAMPIONSHIPS BASIC SWEATSHIRT**—This light-weight sweatshirt proudly displays the red, purple, blue, green and yellow emblems on the front.

**I WORLD CHAMPIONSHIPS T-SHIRT** - This white t-shirt displays the event emblem on the front printed in five colors.

**1991 WORLD CHAMPIONSHIP**  
**PTN** - The collectible pen displays the event logo. A collector's item.  
 \$19.95

**E MOTION "T"** Wilson's green motion cards are illustrated as the white tablet. Takeholders the official Code of Points books. *rythmics* is a hybrid in pink, the ballet beam in yellow, and the base in blue.

**USA TANK TOP** - Be cool in the USA. Cythera's tank top. Printed in the newest pastel ink, the design moves from blue to pink.

**G USA TURTLENECK SWEAT SHIRT** - Don't like lapels? This turtle-neck sweatshirt has the "turtle" built in. Available in many sizes with the USA lettering in red. #P001-5626 \$24.95

REC



Category	1	2	3	4	5	6	7
1. Low-impact	1	2	3	4	5	6	7

Order By Phone:  
Visa or MasterCard  
317/237-5060

**USMC HEAVY WEIGHT SWEAT-SHIRT** - Now we have a casual sweat that's great for going to the gym or just knocking around. Available in navy or red with a white logo or white with a navy and maroon logo.

#0481-4454	White	\$12.99
#0471-4479	Red	\$12.99
#0481-4454	Navy	\$22.99



**NEW! NEW! NEW!**  
USA GYMNASTICS SWEAT  
SHIRT - White Sox, fleece, applique,  
embroidery (Adult sizes S-ML)  
\$21.95-27.95 [www.usagym.com](http://www.usagym.com) 800-858-8585

**USCF SWEATPANTS** - Navy with red, USCF logo at top of left leg  
#9001, \$60.00.....\$75.00

**USA SATIN JACKET** - Fine white satin with quilted lining, red/blue trimmed collar and cuffs. Red, white/blue "USA" embroidered on back, RUFF logo embroidered on front. (Currently sold as XS, S, L, XL)  
#5875-5444 1254

**1991 WORLD CHAMPIONSHIP  
SWEATER** - Cream-colored, 100%  
cotton with five-color event logo on  
front left. Two styles - slusher or  
polished (Dresses 5-5XL)  
#7903-7904 (slusher) ..... \$34.95  
#7905-7906 (polished) ..... \$34.95

## USCIE Publications

1628 Women's PDC Code of Ethics	\$54.95
1629 Men's PDC Code of Ethics	\$54.95
1630 Rhythmic Code of Poetics	\$54.95
1631 Women's C Compulsory	\$54.95
1632 Women's Gender-PF Group	\$119.95
1633 C Technical Handbook	\$69.95
<b>1634 Special of the Conditioning Factors</b>	
In This Edition:	\$99.95
1635 Best Men's Special Judges Log Book	\$64.95
1636 Men's C Compulsory	\$54.95
1637 Rhythmic Compulsory Test	\$54.95
1638 Safety Manual	\$54.95
1639 Special Pictures	\$54.95

☐ Paper Money ☐ Coins ☐ Modern CoinsCard # \_\_\_\_\_ Exp. Date \_\_\_\_\_  
Name \_\_\_\_\_

10. <http://www.who.int/mediacentre/factsheets/fs104/en/>

Region	Population	Area	Population Density
North America	300,000,000	24,709,000 km <sup>2</sup>	12.1
Europe	720,000,000	10,180,000 km <sup>2</sup>	70.7
Asia	3,600,000,000	44,000,000 km <sup>2</sup>	81.8
Africa	1,000,000,000	30,370,000 km <sup>2</sup>	32.9
South America	350,000,000	17,840,000 km <sup>2</sup>	19.6
Oceania	35,000,000	14,700,000 km <sup>2</sup>	2.4

Case	Age	Sex	Occupation	Duration of symptoms	Site of lesion	Pathological changes	Diagnosis
1	45	Male	Farmer	10 years	Right lower leg	Chronic inflammation, fibrosis, and calcification	Chronic pyoderma gangrenosum
2	60	Female	Homemaker	5 years	Left lower leg	Chronic inflammation, fibrosis, and calcification	Chronic pyoderma gangrenosum
3	55	Male	Teacher	8 years	Right lower leg	Chronic inflammation, fibrosis, and calcification	Chronic pyoderma gangrenosum
4	70	Female	Retired	12 years	Left lower leg	Chronic inflammation, fibrosis, and calcification	Chronic pyoderma gangrenosum
5	40	Male	Engineer	3 years	Right lower leg	Chronic inflammation, fibrosis, and calcification	Chronic pyoderma gangrenosum

[illegible]

**Willis**

LEOPOLD MERRILL, JR.  
P.O. Box 5007  
Indianapolis, IN  
46206-5007

LAKE OWEN  
1100  
Cable, WI 54821

LAKE OWEN  
1100  
Cable, WI 54821

# Lake Owen

## GYMNASTICS CAMP

## 1990



"Lake Owen has a great staff and fantastic facilities—on the most beautiful lake for miles around. What a super place to learn gymnastics!"

Curtis Holdsworth  
Member of 1987 Pan  
American Team  
1987 World  
Championship Team  
1987-88 US  
National Team

**SEE YOU  
THIS SUMMER!**

Lake Owen Gymnastics Camp

Route 2, Box 60, Cable, WI 54821 (715) 798-3785

Please send me a free color brochure.

Name

Address

City  State  Zip

**Lake Owen Gymnastics Camp**

Route 2, Box 60, Cable, WI 54821 (715) 798-3785